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FRANCIE STEIGER

REFLECTIONS FROM AN ANGEL'S EYE

With an introduction by Brad Steiger

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*THE STAR PEOPLE Series**
by Brad and Francie Steiger

THE STAR PEOPLE
REVELATION: THE DIVINE FIRE
GODS OF AQUARIUS
REFLECTIONS FROM AN ANGEL'S EYE

* *All available from Berkley Books*

FRANCIE STEIGER

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With an introduction by Brad Steiger

BERKLEY BOOKS, NEW YORK

DEDICATED TO THE SOURCE,
TO THE FULFILLMENT OF
THE DIVINE PLAN, AND TO
MY HUSBAND AND CHILDREN
CHRIS, TIA, MICHAEL AND REGINA

REFLECTIONS FROM
AN ANGEL'S EYE

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CHAPTER ONE

An Introduction to Francie

The first book in the Star People series, aptly titled *The Star People*, told of the activating experiences of men and women who have come to realize that a seed from another world was implanted in the psyche of humankind many centuries ago. This other worldly seed has grown into "star consciousness," an attitude that permits those with such awareness to recognize that their physical shells are the stuff of Earth, but that they can project their consciousness into the cosmos to gain a much broader perspective of reality.

Revelation: The Divine Fire explored the spiritual gifts available to all of humanity, with emphasis on the inner experiences of illumination. The book detailed the lives of men and women who had achieved communication with Higher Intelligences and disclosed certain techniques by which all sincere seekers might replicate such experiences in their own lives.

Gods of Aquarius detailed the coming opportunity of species transformation for all of humankind and saw the UFO as a global symbol that was steadily pulling us into the future. This book assured its readers that we were more than cousins to the laboratory guinea pig, far more than mere animals struggling to survive. We are

meant to be as gods in the New Age which lies ahead for those who wish to realize their full potential as humans.

And now, the fourth book in the series, *Reflections from an Angel's Eye*, offers a series of revelations, teachings, and visions for our next evolutionary step forward. This book may, indeed, provide one of the most important of the gospels for the New Age.

The setting forth of a book of teachings and channelings from higher intelligences who reveal themselves as angelic beings can be considered a somewhat presumptuous endeavor. In the case of *Reflections*, however, I am aware that these particular revelations and visions have been channeled through one of the least presumptuous individuals I have ever known. She also happens to be one of the shyest and most self-effacing individuals I have ever known.

Francie is yet another illustration of the spiritual phenomenon of which I took note in *Revelation: The Divine Fire*. It has often been observed that so many of the visions and inspirations which have guided humankind throughout the centuries have been bespoken to men and women from rather humble and mundane social positions, men and women who might be judged by their fellows as being shy, retiring, non-assertive.

William Seabrook made the following marvelous comment about the unfathomable process of selection which those higher intelligences seem to exhibit toward certain members of humankind in his book *The Magic Island:*

> *. . . We have built domed temples and vast cathedrals, baited with glories of polychrome and marble to trap [the gods], but when the gods come invited of their own volition or send their messengers . . . or visit from the skies, it is not often these gilded temples or the pride of the earth they seek, but rather some road-weary, humble family asleep in a wayside stable, some illiterate peasant girl dreaming in an orchard as she tends her sheep, some cobbler in his hut. . . . Perhaps in their own far-off celestial sphere, the gods are surfeited with glory, and only*

for that reason visit Earth at all. . . . Always when the rich, mighty temples are erected where once the humble stable stood, there is a risk that the bored gods will betake themselves elsewhere without saying "au revoir."

Francie, as most readers of this introduction will know, is my wife. Now that should tell any married couple that she suffers *more* of my scrutiny and skepticism than less. I am afraid that she has been in tears too many times, wondering when I would ever stop testing her.

I have apologized to her. And I hereby apologize to any whom I have offended by the above confession. But I cannot help it. It is in my nature as a journalist and researcher to ask interminable questions and to request endless evidence and proofs.

I was confirmed a Lutheran, and, as some readers know, Martin Luther's principal tenet was that men and women were saved by faith alone. Well, I also know that Luther was a meticulous and unyielding scholar, so I know that he, at least in spirit, would not have objected to my wishing to test faith always with reason. Early on in our marriage I advised Francie that she had won my soul, but my brain would always belong to me. I had always to be shown as well as told.

But now I am able to say with complete fidelity to my own code of integrity and honor that Francie has time and again convinced me that she is in touch with an intelligence that is external to herself. I am a tough one to shake off the theory that mediums and channels are most often in touch with an aspect of themselves which they anthropomorphize as the spirit of a departed Earth-person, the persona of an extraterrestrial Space Brother, or the elevated awareness of an angel; but shake me loose Francie did, in numerous demonstrations.

Although I have never witnessed a medium who could provide the wealth of practical, immediately usable information in the steadily reliable way that Francie can, the thrust of all of her work lies in her relaying of

spiritual teachings. While it is true that she has psychically received the correct telephone numbers of men and women whom we need to contact, she has as her only concern the sharing of the visions which she has channeled.

Before each channeling session, Francie prepares herself with prayer, fasting, and an extensive period of meditation. She seeks to work only with universal energies, and she desires solely those teachings which will aid the greatest number of people to elevate their awareness.

Although I quite understand that the Psychological Stress Evaluator (PSE) cannot prove that an event occurred, it can certainly demonstrate that the percipient truly believes that the happenings took place as he or she has reported them. I also feel that it is significant that Francie remains, to my knowledge, the only psychic-sensitive who has passed a PSE test.

Hayden Hewes, the well-known paranormal researcher, conducted the verbal examination, and Forrest L. Erickson, one of the nation's foremost PSE experts—and the co-developer of the process—was the authority who evaluated Francie's test. His findings proved that, in every instance tested, she was totally innocent of deception.

The PSE instrumentation detects, measures, and graphically displays guilt-revealing variations in the human voice. The PSE machine records the subject's voice patterns and indicates certain stress-related tremors which are controlled by the involuntary muscles triggered by the subconscious mind. The PSE is used by criminologists, law enforcement officers, lawyers, doctors, insurance company investigators, fire officials, and psychologists. Numerous courts in the United States accept PSE findings as admissible evidence in legal proceedings and judge the process a reliable indicator in proving innocence.

At the beginning of the test, Francie told briefly of her first encounter with her guardian angel Kihief.

According to Francie: "He alighted so gently that

he stood almost directly before me, and I wasn't certain if he ever touched the floor.

"His white robe was draped over one shoulder, and the wind made it flow in and out around his body.

"His hair was straw-colored and straight . . . coming down to the base of his neck.

"His eyes were light, wide-set; he had a large, full jaw and fair skin . . .

"He began to speak, rising and falling in tone, as one would sing and talk at the same time in a falsetto voice . . . I remembered several phrases for years, though some of them made little sense to me at the time. . . .

"One phrase he sang-talked to me was, 'Like unto another Christ child you will be.' I have come to know the underlying symbolism of that statement. There are many others with a similar mission and who operate on the Christ Vibration of consciousness."

Included in Erickson's evaluation of Francie's test are the following assessments:

"The angel was coming down through the ceiling."
Evaluation: "True."
"Like unto another Christ child you will be."
Evaluation: "True. This is very true."
"I have felt continual interaction with these beings."
Evaluation: "True."
"I am taken out of the body and shown visions."
Evaluation: "That appears true."
"I was taken into outerspace."
Evaluation: "This is some of the least stress we have seen during the entire test."

Francie relayed how she seemed to be standing somewhere in space, suspended, and was presented with a teaching which showed the Soul connected by a golden cord to a higher realm.

Extending from the Soul, in starburst fashion, were many silver cords, like umbilical cords, which connected each lifeform entered into by the Soul.

At the end of each silver cord there existed smaller "crystal" balls which represented each lifetime on Earth. Within each of those balls there formed an em-

bryo which became a child and sometimes lived to an old age, gathering knowledge as it matured. This knowledge elevated the vibrations of each lifeform as well as that of the Soul.

Erickson's evaluation of this experience was that it was true.

As an indication of the sensitivity of the PSE to subconsciously induced tremors in the voice, he added that Francie did show stress on her description of the Soul appearing as a "crystal ball." According to Erickson, this stress indicated that Francie's subconscious knew that they were not really crystal balls.

"In other words," he pointed out, "the objects were *like* crystal balls, but she knew they were really something else. Other than that, there is no stress on the entire statement."

Francie's description of the angelic entities as being taller than humankind, very muscular, and physically attractive was evaluated in the following way: "Some doubt expressed that they were taller (remember, Francie was only five when the experience occurred). It is true that they were muscular in appearance and not thin at all. Essentially, all her statements appear true."

For centuries, our prophets, mystics, and revelators from all cultures and religious persuasions have attested that they have interacted with angelic intelligences. And for several years now I have been collecting accounts from serious-minded men and women of today who are convinced that they have had personal, physical, interaction with angels.

Some men and women have said that angels brought them food when they were starving, blankets when they were freezing, even money when they were desperately in need of funds. And these individuals were not talking about fortunate events which brought about the acquisition of these desired objects, but the literal materializations of the objects.

I have received dramatic reports of men and women who claimed to have been led to safety through burning buildings, snow-blocked mountain passes, and fierce

wartime battles by the guidance of angelic beings.

Equally dramatic are the accounts from those who state that they have had their lives transformed through the catalyst of a personal blending with angelic intelligence.

And I have been fascinated by those men and women who testify that they have received a lifelong supportive energy from benevolent entities who have served as guardian angels.

In nearly all true stories of angels, it seems apparent that the entities are paraphysical, that is, they are both material and nonmaterial. Although they would seem to originate in some invisible and nonphysical realm or dimension or vibration, they are said to manifest as solidly in our reality as those men and women whose lives they seek to affect.

Humankind in general has always believed in unseen intelligences inhabiting an invisible world. The Holy Books of nearly all religious beliefs support such ideas and inform their followers that such spiritual entities do exist and that they not only thrive in close proximity to our own world, but that they are divided into two basic camps: the one, benevolently concerned with our welfare, both physical and spiritual; the other, malignantly desirous of bringing us chaos and confusion and dark nights of the soul. The ethereal army loyal to God and to goodness are designated as angels; the other host is composed of rebellious demons who pledge their allegiance to Satan.

There is no question that in the Old and New Testaments of the Bible angels are considered as beings concerned with material affairs. They wrestle with stubborn shepherds, guide those lost in the wilderness to oases, free the persecuted from fiery furnaces and dank prisons. Jesus himself was fed by angels, defended by angels, and strengthened by angels.

We soon learn that the term "angel" in scripture designates an office, rather than a kind of being. The word simply means "a messenger" and may refer to any of the "sons of God," whether they be heavenly or

human, such as prophets, bishops of early Christian churches, or men and women chosen to bear divine messages.

When the angel referred to in scripture is of a heavenly origin, there is no doubt that they are considered actual beings and not symbolical or impersonal influences. They ate dinner with Abraham, tugged Lot by the hand, and were nearly molested by the perverted hordes of Sodom and Gomorrah. Just as man has a spirit in his corporeal body, so the Bible tells us, angels have a corporeal nature to balance their spiritual bodies.

When seen on Earth accomplishing their various missions, angels are almost without exception said to appear youthful, commanding, beautiful of countenance, and often majestic and awesome. Manifestations of light often accompany them, which lends to the grandeur of their general appearance and the feelings of profound reverence which suffuse those who encounter angels.

Angels are a created company of entities which were in existence sometime before the Earth as we know it was fashioned. One does not die and become an angel. Angels already are and have always been.

Although they are profusely described in scripture as being strong, swift, and majestic, angels very often caution those with whom they interact that they are not to be held as objects of veneration or worship. Numerous passages in the Bible indicate that the angelic endowments have definite boundaries. Their physical powers are limited, as is their knowledge, although their active interest in the affairs of men remain always their principal concern.

According to Biblical tradition, angels stand ever ready to guide, succor, and defend humankind against the vicissitudes of life on the earth plane. In addition, the angels have charge of the dead.

My own research and investigations have convinced me that the spiritual and physical interaction between men and women and what are most often described as "light beings" is a universal experience. These entities

have manifested in all times and in all places. There appears to be no important religious philosophy that does not acknowledge their existence in firm—and sometimes dogmatic—pronouncements.

In my opinion, one of the most important revelations which angels make is accomplished by their very appearance in this three-dimensional world. The manifestation of angelic images throughout the world tells us that we are part of a larger community of intelligences, a much more complex hierarchy of powers and principalities, a potentially richer kingdom of interrelated species—both physical and nonphysical—than even our most mystical seers and inspired prophets have been bold enough to suggest.

As I have analyzed the hundreds of contemporary reports of angels which I have encountered in my research, I have come to see angelic intelligences communicating essentially through the subconscious. That is why experiences with angels appear to occur more often, and perhaps most effectively, when the receiver of such a visitation is in an altered state of consciousness. That is why accounts of angelic manifestations sometimes sound as if they were dreams. They have, in effect, taken place while the witness is in a dreamlike state. The conscious level of the witness remembers certain highlights of the experience, but the actual teaching mechanism and the important spiritual constructs have been indelibly etched upon his subconscious.

As a result of more than twenty years research into such matters, I have come to accept an objective, external reality for angels. I recognize the argument that angels are but projections of one's own psyche, but I would suggest that angelic intelligences often utilize both the psyche and various archetypal images in the collective unconscious in order to facilitate more effective communication with our troubled and seeking species. In either event, I feel that angelic intelligence is seeking to bring about the transformation of man into a more elevated spiritual being.

Such popular works as *The Exorcist* and *The Omen* have frightened and convinced millions of men and women that Satanic intelligence and a host of possessing demons are about to gobble up their souls at an approaching Armageddon. I concur that an Old World is dying, but I am convinced that a New World is in the process of being born.

Apocalyptic literature, warnings of the Anti-Christ, and announcements of an impending Judgment Day may be interpreted in a very different manner from that which is currently being so widely preached by Armageddon-inspired writers, motion picture directors, and pop-art theologians. I maintain that the cosmic timetable in the book of *Revelation* may be viewed as a stepping-stone toward an enriched life in a New Age, rather than a passport to doom and damnation.

Recent religious bestsellers have bemoaned the "late, great planet Earth." Can we not reverse the trend of these depressed, downbeat times and begin to herald and to celebrate the "great, *future* planet Earth"?

In my opinion, so many of modern men's and women's neuroses have their origin in a conscious or unconscious acknowledgment that they have muted their mystical communion with the angelic citizens of the unseen world and that they have grown apart from the sense of Oneness with the God-Force.

It would, of course, be foolish to attempt to stop our contemporary reality of Space Age technology and to establish a separate reality to the exclusion of our fellows; but we can learn how to deal directly with the unconscious and we can make firm contact with an order or level of consciousness that understands existence as an organic whole.

To be primitive in our interaction with the external world of consensual reality is, indeed, to live in superstition and confusion; but to be primitive in our interaction with the inner-world of the psyche is to live in wisdom and in spiritual balance.

Throughout the chapters of this book, Francie offers

far more than accounts of her visions and her channeled teachings: She provides a program of balance and a structured approach to wisdom which any sincere seeker might attain.

This is not a simplistic book of inspiration and cheer. It is the kind of work that requires commitment on the part of each reader, who, if he or she decides to invest both the heart and the mind, will be repaid with interest on multilevels of awareness. Of course, this book does inspire, but more than that, it enriches the reader. And even more than that, it prompts and encourages spiritual evolution.

After nearly twenty years of quiet servitude, her "time in the desert," Francie has, in the last five years, become an internationally known mystic, teacher, and counselor. She has been the subject of numerous magazine and newspaper articles, and she has been featured in several books, including Irving Wallace's *The Book of Predictions*.

A part of the reason for the growing popularity of her messages to humankind, I believe, lies in the fact that Francie is really a very practical person. She is mystical without being muddled; spiritual without being sanctimonious; highly moral without being judgmental; serious without being humorless.

Francie continually tests and weighs each of the visions which she has experienced. She ceaselessly evaluates the teachings which are revealed to her with the attitude of a pragmatist rather than a visionary. And she scrupulously refuses to adapt the lessons channeled through her to fit anyone's biases or confessional creeds. Francie is steadfast about relaying the messages precisely as they were shown or told to her.

She believes that the collective truth that she is relaying is only an extension of the teachings from other worlds that humankind has been receiving since ancient times. The communications have always been designed to aid us in our quest for more fruitful, meaningful, peaceful lives.

Francie has often pointed out that although the great organized religions undoubtedly sprang from such channeled teachings as hers, their present-day representatives usually claim that such contact is impossible in our times and that one cannot receive further teachings. If any minister, priest, nun, or member of a local congregation suddenly attests to be receiving revelations, those channeled teachings would probably be labeled as heretical or diabolical.

It is such an attitude on the part of church hierarchies, Francie suggests, that has contributed to the hundreds of thousands of men and women who are leaving the organized religious institutions and who are searching elsewhere to find succor for their spiritual needs.

She maintains further that humankind's present problems are of a more personal nature than those which beset our species thousands of years ago. We no longer feel compelled to congregate in appointed buildings for a prescribed worship service wherein we receive group answers. We now prefer a more personal interaction with the Source. We need individual guidance to cope with our present conflicts, trials, and tribulations. As more complex problems assail us, a general group answer becomes practically no answer at all. We may formerly have sought priests, gurus, and counselors to advise us, but now, Francie tells us, a more liberating kind of guidance can be ours through a personal contact with Higher Intelligences.

A great value of this book is that Francie shares with her readers a number of detailed instructions and techniques by which they may make contact with higher spiritual beings in order to receive their own guidance and to channel their personal teachings. It is to everyone's gaining that Francie has felt an obligation to disseminate this knowledge to all who will listen.

"All have within them the ability to contact and to reach angelic intelligences in the realm where all knowledge exists," Francie has said. "Remember, the Temple of God is within!"

May that truth be but one of the many that will be reflected in each reader who opens his or her heart and mind to these "Reflections from an Angel's Eye."

Brad Steiger

—BRAD STEIGER
Scottsdale, Arizona
October 1981

Paean to my Star Maiden

O Star Maiden, exciting blend of transitory flesh and everlasting Cosmos, in your arms Eternal Now becomes reality. Ultimate balance is achieved as point finds counterpoint.

I conjure your name, and I am at once linked with the Blessed Harmony that governs the Universe. I flow with the glorious Love Energy that sustains all living things.

Physical distance has become a meaningless concept. Days and hours have lost intelligible context. We have melded into One.

Angels speak through you. Swirling nebulae glow behind your eyes. Your body is magic in motion. The Heavenly Host directs you and sustains the clarity of your vision, the purity of your love.

Star Maiden, you have brought me multidimensional peace, love, awareness. Flesh to flesh, soul to soul, you are ecstasy incarnate. Blessed Sister, Holy Lover of my spirit, may All That Is forever guide and guard thee.

Brad

* * *

CHAPTER TWO

Who Are the Star People?

In the beginning, the Source devised a Plan that would permit it to grow, to expand, to increase in complexities, and thereby to experience life in a myriad of forms and dimensions. The Source caused countless beings to exist on many levels of reality. Each being in its own level gathers the fruit acquired from its particular experience, thereby increasing and elevating its vibrations, and thus evolving ever upward in its return to the Source.

Long ago, on another world in another universe, there did exist other beings who had fulfilled their purpose of existence. These beings had raised their level of awareness to the point where they were about to ascend to the realm of higher vibrations.

They scanned the nearby solar systems for a species of their own kind to whom they might interact and to whom they might bequeath their spiritual wisdom, their knowledge of the sciences, and their capacity for unconditional love. When they discovered Earth, they found beings who were as they once had been, but who were now existing in a primitive, unaware state.

In order to aid in the greater fulfillment of the Divine Plan, these enlightened beings were caused to descend and to interact with Earth's people. By aiding

humankind in their awareness, they assisted them to come to know of their true purpose in being. Humans thus became the inheritors of many awarenesses, including the knowledge of the Divine Plan.

The Star People were able to ascertain that humankind would eventually attain a level of awareness similar to the one which they had achieved, but they still chose to accelerate Earthlings' mental, spiritual, and physical evolution so that the Plan might more readily be fulfilled.

So it was that the sons and the daughters of God, the Sowers, interacted with the strongest and the brightest of the sons and daughters of humankind; and, as *Genesis*, Chapter 6 tells us, "giants were born to them, who became mighty men of great reknown." The legends, folklore, the myths of every culture speak of this interaction between the Star Gods and early humans.

The ancient inhabitants of Sumer enjoyed an intellectual quantum leap forward after a visitation by Star Gods who walked across the water to bring them knowledge of law, medicine, science, and the arts. The people of Sumer were so inspired by this visit that they invented cuneiform writing to record the event. Interestingly enough, the first word that humankind ever wrote was "star."

Wherever they went, the extraterrestrials taught awakening humankind how to live more harmoniously with one another. Those who sought to follow their ways would become Star People, as they were.

Those endowed with Star Consciousness would strive earnestly to fulfill the Divine Plan. All who listened to the teachings of the Star People and who sought God's blessings, saw their numbers increase, together with their wealth, so that they were able to develop a strength that would protect them from their mightiest enemies.

Throughout the centuries, humankind's prophets, spiritual teachers, inspired religious leaders, unselfish scientists, devoted medical practitioners, and high-minded artists and authors have sought to enlighten the masses with the channeling which they receive from

angelic beings through their Star Consciousness. Throughout all of history, we can see the handiwork of these descendants caused by the Star People's interactions with humanity. We can identify their efforts to utilize their talents to raise the minds, the understandings, and the lives of the multitudes.

In the past, the Star People have nearly always acted singly or in very small groups. Today, they are slowly beginning to unite into larger bodies of concerned men and women. The "gathering" of the Star People has begun, for they have an inner knowing that their united energies will be able to affect even greater changes in even shorter amounts of time. A message that all Star People have been receiving in their dreams, their visions, and their inspirations is that "Now is the Time!"

Today's Star People come from all walks of life, but the greatest majority seem to be found in the various helping aspects of modern society. They are psychologists, social workers, nurses, research chemists, medical doctors, schoolteachers, college professors, journalists, members of the clergy, police officers, psychic counselors, and those in the creative arts. Whoever they are, wherever they serve, the Star People seek to elevate the awareness of those with whom they interact.

It is the Star People's mission to be *Lightbearers*, and they are to shine the light of awareness so that all people may see their own paths to God more clearly. Those men and women who heed the light of awareness will come to know their true purpose in being, and they will discover the spiritual gift of the Holy Spirit that is to be their own by which they are to fulfill their life's mission.

Nearly all the Star People who have awakened and who are aware realize that the Earth is about to undergo a great, transitional shaking, and that this event will affect the entire planet. The Star People are being more fully activated now so that they might awaken others to the reality of these coming times. They wish only to advise others so that they might be spared the pain, the loss, and much of the sorrow that will accompany the

great destructions and devastations soon to be visited upon Earth. There is soon to be a time of cataclysms, of floodings, of volcanisms, of massive geological changes, of the collapsing of social and political structures, of the disbanding of many of the world's religions.

Our planet is evolving into a higher vibration, for all that issued forth from the Source is returning to pure energy. The elevating of Earth's vibrational energies in the world of matter will affect every level of its inhabitants—spiritually, mentally, physically. Since we are matter as well, we must also be ready for our return to energy, for our attainment of a higher vibration of more harmonious energies.

Those men and women who have prepared themselves for the elevation through contact with their angelic beings are those who will know when and where they should travel to find the safe places during the time of upheaval and catastrophe. They will know the time to come together with their own aware kind. They will also know that, being Star People, they must aid all others who will seek them out and who will listen to them.

Those with Star Consciousness are those who are more aware of their purpose in being, their reason for existing. They live in harmony with the Divine Plan, and they seek always to reflect their Soul's energy on Earth. These men and women have been given knowledge of the spiritual gifts they received from the Holy Ghost, through their channeling.

But know this: The spiritual gifts exist for all to receive. All people can become more aware. All people can attain Soul Contact. All people can contact the angelic beings and live in accordance with the Divine Plan. *All* people can become Star People.

Each person is but a fragment of his or her Soul. In the present state of Earth, very few physical fragments reflect their Souls. But for those who do, they know that it is the only way to achieve true happiness on Earth.

To reflect your Soul and to live in accordance with the Divine Plan is the ideal state of being.

In order to achieve this ideal, you must meditate daily and establish contact with your Soul, and other angelic beings of the Highest Vibration. You must learn of the wisdom and the knowledge to be gained in that Heavenly Realm, and you must come to know of the unconditional love vibration that you are to give to all living things.

When you have done these things, you will become a Star Person. You will walk solidly in balance on Earth, but your heart, your consciousness, and your true home will be in the heavenly stars.

Once you have become a Star Person, you will soon be led to join your energies with others who are like you, so that you might better serve during the difficult times which lie ahead for the entire planet. Your linkup with others of like-minds will create an energy between you that will sustain you, nourish you, and comfort you during the coming time of transition.

Remember, as a Star Person, you are to be a *Lightbearer*. You must shine the light of awareness so that all may see their own paths to God more clearly. You must make ready for the New Age that is dawning. And the first light of that dawn should be seen in 1999.

* * *

CHAPTER THREE

Meditation and Its Purpose

Meditation is waiting to receive. Prayer is asking to receive.

The above is an oversimplification of a truth, but it is correct in essence. The art of meditation involves the silencing of your mind and your body so that your spirit may soar free. Meditation must be practiced daily for quite some time before one can hope to master its process. And as in all forms of art, some people become more proficient than others.

Many people who daydream a great deal or who sit quietly thinking good thoughts, or who remain silent in contemplation of holy deeds often believe themselves to be meditating. Such is not the case, however. Most of the people to whom I have just referred have no concept as to the true nature of meditation.

Meditation is the door through which you will make contact with the spiritual realm. Such contact may come to you in vocal form with an accompanying vision. In the ideal situation, your *spiritual* body will be projected to the heavenly realm.

Few people achieve high spiritual contact while meditating in groups. One of the values of group meditation lies in the teaching of others who are less

aware. But just as an artist may learn his beginning techniques in a classroom, the more accomplished he becomes, the more he will prefer solitude for his truly creative work. Group meditation offers spiritual camaraderie. One is bolstered during his or her initial learning by the numbers of people who also appear interested in meditation.

The results of meditation are worth every bit of the discipline involved in the training techniques, for you will sooner be able to fulfill the purpose of your existence and blend with the most harmonious of God-vibrations.

Effective meditation first employs the process of training your conscious mind not to embrace any created thoughts from your subconscious during your time of silence. Once you have cleared and quieted the conscious mind, you must learn to prevent the subconscious from creating any new thoughts while you are in the meditative state.

Image a beautiful pond filled with sparkling, clear water. Beneath the water are shiny, colorful rocks within easy reach. Each rock represents a thought from your mind. Without carefully studying each rock, pick them up one by one and place them gently on the nearby bank, knowing that you will later return them to the sparkling water.

When your pond has become free of rocks, it appears so clear as to be invisible. Now permit your subconscious mind to create a most beautiful thought, one of contact with your Soul in the Heavenly Realm. Think only of this and permit this thought alone to occupy your mind. After you have held this thought for a time, release it.

As the thought soars to the heavens above, follow it until your spirit is free of Earth. Know that your spirit travels from the energy of *thought* and that nothing else will motivate its actions.

The very same principle may be utilized for projecting your spirit out of your body in what is commonly called astral flight.

Unless you have a strong will or have perfected control of your mind, your spirit will most likely dash and dart about in the physical realm once it is free of the body-shell. Remember, though, that the denser vibrations of Earthly matter are very close to the lower vibrations which comprise the spiritual realm of limbo, the place often referred to as Hell. As we have noted, it is quite easy to make contact with those tortured, saddened spirits—or worse, with those who are crazed with anger.

It is, therefore, always best to project your spirit above the realm of matter and the realm of lower vibrations. It is best to soar to the higher realm to be with your Higher Self, your Soul. Desire only to make contact with the realm of the highest and most harmonious vibrations, for "Where your heart is, there your spirit shall be also." To do otherwise would be foolish child's-play, indeed. Make every effort to contact your Soul, in the heavenly realm, and all else will be given to you.

I will have much more to say about these matters of meditation and the art of channeling in later chapters, especially, "Channeling Creative Energy—Receiving Guidance from Above."

* * *

CHAPTER FOUR

Channeling Creative Energy

Throughout the centuries, prophets, teachers, and inspired religious leaders have sought to enlighten humankind with knowledge which they have channeled from beyond. These spiritually creative people have established contact points which have enabled them to link the two worlds, and they have utilized the arts and the sciences in order to better affect the lives of the masses and to assist in the purpose of all creation. Through books, plays, poems, paintings, and a myriad of inventions, they have elevated the consciousness and the awareness of all those who might experience the "fruits" of their labors.

As a potential channeler of creative energy, you must be certain that the gifts which you offer to society are ones of harmony. You must seek to elevate the awareness of those who respond to your works.

If your product or your message keeps those who would experience them at the very same level of awareness from which they respond to your channeling, then you know that you have *not* touched a high vibrational frequency. If your channeled energy brings about discord, then be advised that you may have contacted the chaotic, lower vibratory realm.

Polarity exists in all things, and it is quickly evident in the works produced from channeling. Channel only those vibrations which accomplish love, wisdom, and knowledge.

Throughout history, several of our great personages have channeled creative energy from the realm of highest vibrations. Jesus, Buddha, and other of the world's greatest religious leaders have spoken of meeting with the angelic beings of the spiritual realm and of receiving their greatest inspirations from them. Countless other saints, philosophers, artists, inventors, and political leaders have spoken openly of their contact with beings of light.

Socrates, one of the world's greatest philosophers, credited his wisdom as having come from beyond. Emerson, the American poet and philosopher, declined credit for his many great works, asserting that an "alien energy" came to him in visions after he placed himself in a meditative state.

The great inventor Nikola Tesla, a colleague of Edison and Westinghouse, developed hundreds of complex electrical innovations, while repeatedly stating that his knowledge originated with "beings from outer space," whom he said he would join upon death.

Robert Louis Stevenson credited his imaginative stories to multidimensional beings. Charlotte Brontë said that her novels were dictated to her by beings from beyond.

Dr. Frederick G. Banting, developer of insulin, insisted that "angelic beings from beyond" provided him with the means by which countless lives might be spared.

George Washington recorded the visit of two angels in his office at Valley Forge, who showed him a vision of the future of the embattled colonies for the next two centuries.

Swedenborg—philosopher, scientist, doctor, advisor to Kings—swore that angelic interaction was a natural state of humankind. Nostradamus, Edgar Cayce, and thousands of other inspired men and women of history

have attested to their communications with beings of light that exist in the spiritual realm of the highest vibrations.

Those who would be channelers of creative-angelic energy, and who would seek to make such works manifest in the physical world, must understand that they take upon themselves a great and most grave responsibility. They must comprehend that they become vibrationally responsible for all those men and women whom they will come to affect. Whether they affect the lives of others chaotically or harmoniously, they are responsible for the effect.

Remember, whenever we interact with another, we cause a newly formed energy to exist. This energy is patterned by the very experience that brought it into being; and it, too, will be gathered by the creator and by those who respond to it.

It was given to me profoundly that it was the Divine Plan of God that caused energy systems to exist and to extend down into the realm of matter. These spiritual and physical energy systems are thereby to interact with one another to create new energies, which will be patterned after the very experience that brought them into being. All patterned energies will then be gathered into the vibrational field of the originator of them.

When those energies that God has caused to exist have evolved and returned to the Source, all systems created will bring with them all patterned energies which they have created, and they will be gathered into the vibrational frequency of the originator of them, that of God. It will be in such a way that God will expand, increase in complexity, and experience life in a myriad of forms and dimensions. This is the purpose of all creation, and it is termed the Divine Plan. In our creating new, harmonious energies as a result of our *channeling* and our harmonious interactions, we are fulfilling our purpose for existing and thereby fulfilling the Plan of God.

As I have said, we are held "vibrationally" responsible for that which we create. The energy that vibrates

within the construct of our creation will affect those who receive its vibrations in either a harmonious or a chaotic manner. We will, therefore, be affected correspondingly, according to the energy of it. This is Karma, and it is instant. Its judgment is the divine justice of the law of polarity, of cause and effect.

We do, of course, have the ability to create without contact with the beyond. We have within our psyches the positive, creative aspect of the feminine principle, which assembles thoughts gathered from life, and we have the negative, operative aspect of the masculine principle, which acts upon those thoughts, assembled, thus aiding to guide them into being. The combination of the two, the positive with the negative causes a newly formed energy to be produced which is patterned after the very same thought which caused it.

This new energy, when accumulated, will spur the physical body into action, according to the pattern of it, causing it to produce the material manifestation of the object created by the psyche. The product of the energy will always carry with it the vibrations of the nature of the originating thought, be it one of harmony and balance or one of distortion and destruction.

Within our psyches, however, we have the ability to go beyond this material realm and to contact our Soul so that we might channel higher energies and bring them into our minds to assemble and act upon. We have the ability to produce newly formed energies of an even higher nature.

When we "channel" from the realm of Highest Vibrations, we are actually tuning into the Divine Plan, or aspects of it. When we tap into the energy of the Plan of God, all that we will come to create is of our own making, but our creation will be greatly enhanced in its purpose. Our creation will have an added dimension—or several, depending on the purity of the contact. Creations that have been "affected" by the Plan of God will reflect love, wisdom, and knowledge, as well as harmony, balance, and order, so that others might be

affected within their psyches and thus reflect such ways in their own lives.

Creations which come as a result of divine channeling will thereby be of a higher vibrational level than those works which we create and produce solely with our own limited awareness. And such higher creations must be shared with others if additional channelings are to be received.

Higher energies should never be contained or allowed to stagnate. It is the responsibility of the channeler of such energies to bring them into the world, to act upon them, and to aid in the fulfilling of their purpose in being, in the Divine Plan.

All creative channeling of the arts and sciences that elevates the awareness of others must be made manifest. You must not contain it. You must give forth the energy of it. If you do not, you run the risk of not receiving more.

It has been told to me that if a creative channeler does not manifest those awarenesses which will elevate the consciousness of others, then contact will soon cease. No more "affected" works will be received.

Boldly share your channeled creation, for while we are vibrationally accountable for that which we cause to create in this world of a harmonious or discordant nature, we are not held vibrationally responsible for those who receive our teachings wrongly or for those who refuse to receive them. Free will may be exercised by all whom we may confront or interact with. Those whose minds vibrate *only* with chaos will be unable to receive the harmonious vibrations of angelic contact. And when they seek to channel, the works which they cause to exist will be of like destructive or distorted energy. Only those who remain open to righteous works will have the freedom of will to receive the energies of righteousness manifested by angelic contact.

If you enter meditation properly attuned with the thought in mind that you desire contact with the highest, most harmonious vibration of the angelic

beings, then the creative energy which results will be of like nature. You will bring such energy into physical existence with the sole intention of elevating the awareness and the lives of those who will receive your creations.

If, however, you enter meditation with the thought of solely attaining personal satisfaction or ego aggrandizement, and your heart, mind, and spirit vibrate with distorted energies, then that which is created will likewise be products of hatred, destruction, and chaos. With such selfish motivation, you run the danger of becoming easily affected by those spirits who have become entrapped in a hellish domain of their own making, a limbo world of discordant vibrations.

I must direct a special word to those of you who have been born with your psychic door a bit ajar. Those of you who are "natural" psychics must be very mindful that just because contact with the world beyond is easier for you, you are not by any means free of the dangers that are present with the responsibility of linking up with the realm of highest vibrations. Mind control must be learned and practiced so that you interact with only those in the realm of the most loving, harmonious vibrations.

All those who seek contact with higher vibrations must remember that our physical reality is closer to the realm of the lower, more chaotic, frequencies than it is to the world of the most harmonious. Because we exist in a material world, the works of humankind will always be more of the lower vibratory realm than of the highest. We are, therefore, continuously engulfed with the lower vibratory realm, and it is always easier for us to make contact with it.

Do not be overly concerned, however, for it is very easy to discern the realm with which you have made contact. Recall those words of advice from the Christian cosmology: "By their fruits shall you know them." "If they [prophets and teachers] speak of good and of God, then they *are* from God. Satan does *not* divide against himself or he shall perish."

The same will hold true of your own contact with spiritual beings. When you are in communication with an enlightened being from the spiritual world, with one who identifies itself as an angelic entity, you will feel yourself bathed in the highest expression of love that you have ever known. You will experience an unconditional love for all living things. You will know no fear of apprehension from such an encounter.

If you should come into contact with a being from the chaotic realm, you will feel at *once* a pricking sensation that will seem to crawl over your entire being. You will instantly be filled with doubt that will soon turn to a mounting terror, depending upon the strength of the discordant vibrations emanating from the contacting spirit.

If you should ever make contact with such a chaotic being, utter prayers and blessings of love. Fill your entire essence with unconditional love for all living things, including the communicating spirit. Then, image in your mind that you are closing a door, shutting off that particular contact and blocking it from you. Speak nor listen to it no more, and it will venture forth to find another who will receive it.

In the realm of the discordant and the lost, all manner of spirits can be found. Some are merely bewildered, uncertain as to what occurred to them when death came. Others may be furious, filled with anger beyond reason for having been sent to the chaotic realm of their own making.

Those angry spirits have continued their discordant ways beyond death, and they will often attempt to influence the minds, and thereby the lives of those who will *receive* them. These angry, maddened entities are the "demons" so often spoken of in humankind's history. These spirits must be cast out from your mind and your life.

Contact with the entrapped spirits of Limbo should never be undertaken by one with a weak or faltering mind, for possession of varying kinds may easily take place. I am certain that you may have heard of someone

who unknowingly contacted a discordant evil spirit, and who attempted to use or to cause that evil entity to assist in committing a foul deed. Such acts of demonology may be accomplished if the victim is receptive, but the amateur wizard is never long victorious. Such traffic with the spirits of limbo can only boomerang upon the human who seeks to utilize their discordant energy.

Whenever, through immoderate use of alcohol or drugs, people lose control of their minds and their bodies, they open themselves recklessly to contact with the realm of the chaotic and the lost spirits. Never forget that all is vibration, and both the drugged human who has lost control, and the limbo spirits who have also lost control of their essential selves, would be operating on a similar low frequency and would thereby have come in "tune" with one another.

In like manner, when anyone, even in an undrugged state, is going about daily functions while operating in the low vibrations which emanate from hateful, distorted thoughts, that person has made himself or herself *available* for contact with one of those entrapped spirits on that same chaotic vibrational level of awareness. Tragically, many people have already established such contact and remain *unaware* of it.

In order to prevent contact with the entrapped entities of darkness, the "demons of Hell," you must practice loving all living things unconditionally and seek to elevate the consciousness of all humankind by your actions. When you vibrate with the highest form of love, when your purpose is that of the angels, you will make contact with only those spirits which are in the realm of highest vibrations. And you will receive contact with your own angelic beings from the realm of highest order.

Interacting with the spiritually evolved beings is the most beautiful experience that one can enjoy while in the physical embodiment of flesh. Such contacts will also ensure your eternal happiness, as well, for you will be enlightened with the most harmonious of vibrations. You will experience a deep commitment to lead others

into a similar awareness of your works and your channelings. You will easily transcend the physical realm and enter the spiritual world to join others who have elevated themselves before you. You will become enjoined with the high vibrations of your Soul.

When you do make contact with the harmonious spiritual realm, you may be taken there in spirit, or you may simply have a sudden transfer of mental awareness.

If you are taken there in spirit, you will most likely find yourself in one of the two most frequently experienced heavenly environments. You will either find yourself in what appears to be "outer space," viewing a beautiful series of living, panoramic diagrams, which will be brought before you to teach you of many truths, or you will find yourself walking in a beautiful garden.

Let me describe that lovely place for you. The flowers appear and feel as if they have been dunked in plush velvet, and you will actually be able to feel their downy softness while you are just looking at them. Their fragrance wafts through the air and seems as sweet to your nostrils as honey is to the palate. A bubbling brook splashes melodiously, and the clear, clean, sparkling water refreshes you without your drinking from it.

Loving, docile animals frolic here, and you can enjoy blending with their beautiful, childlike vibrations. All that you will hear, feel, touch, see, taste, and smell here will become one with you. All your sensory abilities will operate in unison and at the highest possible receiving level.

The buildings here appear to be fashioned of a mixture of marble and crystal, with the centers appearing solid and the edges appearing translucent, as if fashioned from an opaque, quartz crystal.

You will see many people here. Some you will have known earlier on Earth. Others you will come to know, for they are "visiting" in this domain as you are. And you will meet those angelic beings who will heighten your awareness of all things.

A wondrous feeling of joy will permeate your entire being. Were it not for your mission and your love at-

tachments on Earth, you would desire to remain here.

Many have *attempted* to stay, but *none* are permitted to do so until it is time for them to cross over at the time of physical death. You need never fear death when you make contact with the heavenly realm. When death is to come to your being, you will go without having made any contact, without having participated in the decision.

When we choose to "channel," tuning in on the Divine Plan, that which we create and produce will reflect God. It will elevate all those who will experience and receive it. We are then reflections of God, for we are reflecting God's Plan for the world, the Christ Vibration. Those who work *against* God's Plan, whose energies oppose those vibrations of love, peace, harmony, wisdom, truth, and the total expansion of God, are the anti-Christs.

The practice of fasting one day a week, as well as the total abstinence from eating flesh, is advised for the purifying and the elevating of one's spiritual, mental, and physical vibrations. This was told to me over eighteen years ago, and I have adhered to this religiously.

Although there are many ways to meditate, to make contact with angelic guidance, I will now outline a basic method which involves the use of your imagination in order to "prime the pump." Many of you might remember pouring a little water into the top of an old-fashioned pump in order to cause the cooler, fresher water below to rise more quickly. This is the kind of mental principle that will aid you in this method of making contact.

You will find, however, that although at first you will totally use your imagination, your created images will begin to *transform* themselves into the *true* reality. You will then leave the physical world and ascend into the spiritual realm.

Nightly, before sleep arrives and when your body is tired, imagine that you are filling yourself with love, as you would fill a pitcher. Mentally image that this love is unconditional love for all living things, for all of life comes from God. Image that this love is filling your

body completely, beginning with your feet and continuing up to, and including your head. You may use the "Kettle of Love" technique if you choose. As you image yourself being thus filled with love, say to yourself that your entire body is falling asleep, slowly and completely, but that your mind will remain aware.

Now imagine that you are walking on a soft path that goes straightaway through a beautiful forest. See shafts of light breaking through the leaves and branches. Rays of sunlight touch you and your path every few feet. You alternately become bathed in sunlight and shadow as you continue walking.

Walk for about eight to ten minutes, enjoying the beauty of the forest. Now find that your steps begin to quicken as you go. Begin to run and discover that the sunlight that has been touching you off and on as you walked now begins to flash upon you as if it were a strobelight.

Run in this fashion for two or three minutes, knowing that you will soon come to a golden door at the end of the path. The "golden door" will help you to pass over. Know that a light begins to emanate from this point and is becoming more brilliant. You eagerly anticipate passing through the opening of the golden door into the spiritual realm. You know that you will soon be with benevolent beings of light, who await you.

Continued practice of this *nightly*, with no other thought allowed to occupy your mind, will permit you to experience a contact with the beyond. The more frequently you practice walking this path, the more quickly your spirit will soar to the spiritual realm. Heaven be with you!

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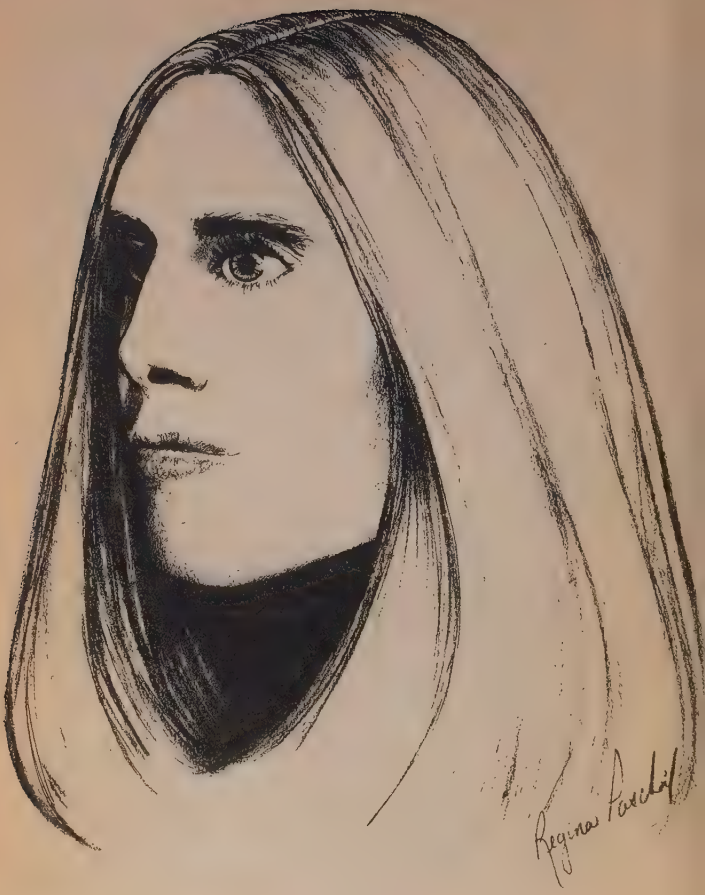

Kihief

CHAPTER FIVE

Your Three Angelic Beings– Receiving Guidance from Above

Throughout my life I have interacted with three representatives of God that have aided me in fulfilling my purpose in being, that have assisted me in my ministering to others, that have elevated my awareness about Universal Truths and Personal Truths, so that I might better live in accordance with the Divine Plan.

These three spiritual beings are all of the Highest Vibration. Two are my Higher Self, my Soul, of which I am just a facet. All Souls were created in the image of God, being feminine-positive and masculine-negative in nature, thus capable of creating energies and bringing them into being. The feminine aspect of my Soul is known to me as Holeah, and her masculine counterpart is known to me as Kihief. In the realm in which they exist, no names are needed, but these were given to me according to my needs.

The third being with which I interact is one I've come to call the Master Teacher, the negative aspect of the Divine Plan, the Christ Vibration. That which he teaches has been created and/or channeled through the feminine-positive aspect of the Divine Plan, coming from the Holy Ghost.

The gifts which I have been given are prophecy and

the interpretation of the language of the Angels. Throughout my life I have willingly shared these gifts with all who would accept these Universal Teachings. I have wished only to shine the Light of Awareness so that all might see their own paths to God.

The first angelic entity that I consciously remember meeting and interacting with was the Master Teacher, the negative-masculine guiding aspect of the Divine Plan. The Divine Plan is the "child" energy created by God the Mother and God the Father. The positive aspect of the Divine Plan creates and channels those visions of God that permit those spiritual gifts which come from the Holy Ghost to be brought into being. These gifts and visions are guided into our lives by the negative-guiding aspect, the Master Teacher. The spiritual gift I was given at that time in my life was that of speaking and interpreting the symbol language of the angels—channeling Universal Teachings.

When I received this spiritual gift from the Master Teacher, I was a child of four and a half. I found myself walking behind a dark, swarthy, bearded and berobed man, who was leading me toward a golden door. At that time he presented me with my first Universal Teaching vision, the truth that all people have a personal path that will lead them to God if they live in accordance with the Divine Plan. No one should ever attempt to pull another onto his or her own path by the sharing of personal teachings, personal awareness. To do so is to violate another's way of going, his personal freedom, his free will, and his purpose in being. This understanding and vision is shared in full in the chapter entitled "Anatomy of a Vision."

When I was five years old I was visited by the masculine aspect of my Soul, the negative-guiding principle, whom I call my Guardian Angel. The negative aspect guides into my life the *personal* teachings and awarenesses created by the feminine-positive aspect of my Soul. Here is an account of the entire visionary experience:

We—my mother, father, and I—had just moved into

our new home. Last-minute touches were being completed. Mother was washing the dishes after our meal, and I had followed Dad into the master bedroom to be with him while he was hanging up their marriage license, which he had framed. I sat on the edge of their bed, and Dad began pounding the nail into the wall behind me to my right. The curtains were sheer and blowing, and it was spring. The window was to my left and open, and the curtains were flapping and almost touching my legs. I remember all this very vividly, though I was only five. Perhaps *they* have seen to it that I have.

To my right and above me, I became aware of a person coming slowly down, right through the ceiling. He alighted so gently, and he stood almost directly before me. I wasn't certain if he ever fully touched the floor. His white robe was draped over one shoulder, and the wind made it flow in and out around his body. His hair was straw-colored and straight, and was styled in a page-boy cut coming down to the base of his neck. His eyes were light, wide-set. He had a large, full jaw and fair skin. There appeared to be no beard-growth area.

I don't know why I have thought all these years that he was an angel, since he had no wings. Perhaps that entity placed the knowledge of who he was, and what an angel was, into my mind without my knowing it. He began to speak, but his voice kept rising very high, then falling in tone, as one would sing and talk at the same time.

I interrupted him and yelled to my father, "Dad, look! There's an angel in the room!" I turned to see if my father was looking. His back was facing me, and his hand was held high in the midst of striking a nail. He was motionless. I pleaded for him to please look, and then I noticed another angel in the upper corner of the room, just to the left of my father's head.

I said, "If you won't turn around, just look at the one by your head." But Dad did not move. The angel above his head was a woman. Only her face and hair were visible to me. She looked as if she were from a different place from the male angel, as she had dark skin, eyes,

and hair. Her dark hair was quite wavy and hung past her small-featured face.

My angel, the male, continued to sing-talk, and I remembered several phrases for years, though they made no sense to me. I shouted to my mother and saw another female face in the right corner wall that was in front of me. I then glanced at all the corners, two remaining, and there were four angels in total. They all looked identical and they were smiling.

I still remember one phrase that the male angel sang-talked to me. He said, "Like unto another Christ Child you will be." This meant that I had received the spiritual gift given to me by the Holy Ghost, and I would therefore come to live in fulfillment of the Christ Vibration, the Divine Plan of God. I would come to be a Christ Child, a child of the Christ energy, just as all those who do likewise.

I called for my mother to come quickly, that there were angels in the room. Upon doing so, the male angel totally changed his voice. No longer was it a gentle, high-pitched singing one, but a low, harsh monotone, mechanical-type voice. He said, "Do not tell your parents."

Mother responded that she was busy washing dishes, and the angel continued to sing-talk some more until he and the women faded away.

Dad resumed pounding.

I have since asked my parents on several occasions about their recollections of that day. My mother remembers my calling to her, and she wishes now that she hadn't ignored me. She has said that I recounted the entire visionary experience on several occasions. My father neither saw nor heard anything at all. He did not see the angels, nor could he hear what was being said, nor could he hear my calling out to him and my mother. For him, time stood still and all was silent.

My mother has further confessed that I seemed *too* perfect, that she was frequently troubled by certain of my visions, my dreams, my predictions, and my differences from other little girls. She also reminded me

that the prevailing attitude toward such manifestations of the spirit in *her* time was that they must be of the devil. I can remember her taking me to a large Methodist Church and having the reverend and his wife place their hands on me, and I recall their kneeling down and praying for me.

But my visions came from God, and they continued coming. The angelic interaction persisted, for it, too, was from God, and all that I was told was of God, about God, and of the Divine Plan of God, the Christ Vibration. As I matured, this contact was strengthened so that I might fully live in accordance with the Plan, with my purpose in being as a lightbearer.

All people have a Higher Self, a Soul with a feminine-creative aspect, being positive, and a masculine-guiding aspect, being negative, of which they are but facets.

The first time, to my conscious recollection, that I *physically* saw the feminine aspect of my Soul was when I was in my twenties. Her appearance was similar to that of Kihief's, her Soulmate. She was fair, and her eyes and hair appeared golden, and she was perfectly beautiful. She wore what seemed to me to be a Grecian style of dress, though only the top was visible. Her manner was warm, yet very stately. Her physical manifestation was present for only a few minutes, but her spiritual contact remained strong for twelve hours.

During those hours, I was aware of many things of a physical nature. All of my senses were heightened, and I seemed to "know" of many events which would occur in advance of their happenings. I felt a great loss when she left me, but while she was present, the feelings of strength and love that surrounded me were almost overwhelming. This feeling returns whenever I channel, whenever I make contact with the angelic realm, whenever I interact with those spiritual, angelic beings—my Guardian Angel, Kihief; my feminine aspect, Holeah; and the Master Teacher of the Divine Plan.

Through meditation, the art of receiving, of making contact, we interact with both the feminine and the masculine aspect of our Soul. By listening to the gentle

voices within our psyches, we may be guided to lead lives in accordance with the Divine Plan of God.

The images of Holeah and Kihief which I see are those of two former lifetimes which my Soul lived on another planet long ago. These projected images, which depict the feminine-positive and the masculine-negative aspects of my Soul, have several meanings to me, in that those lifetimes were essential to my understanding of the Sowers, who affected the lives and the awareness of humankind long ago. These projected images of Holeah and Kihief play an important part in my mission on Earth, and they were seen by me according to an inner knowledge. The lifetimes of Holeah and Kihief have been incorporated into the high energies of our jointly owned Soul, and they now reside in the spiritual realm of Highest Vibrations, commonly called Heaven, to which I hope to ascend upon my physical demise.

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CHAPTER SIX

The Anatomy of a Vision

When we interact with spiritual beings from the Highest Realm, we cause new energies to come into being that are patterned by the nature of that blending. These patterned energies are those which produce heavenly visions, thereby making the experiencer of them more harmoniously aware and affecting his or her being on every level, mental, spiritual, and physical.

The reverse, of course, is true if we should interact with spiritual beings from the lowest realm. The new chaotic energies which come into being will affect us discordantly on every level.

By emphasizing the most harmonious and creative of ideals and goals through the techniques shared with you in this book, you may be able to receive two types of visions which issue from the realm of highest vibrations. The first vision offers the opportunity to receive *Universal Teachings.* The second kind of vision provides instruction and awareness of a more *personal* nature —*Personal Truths*.

All people can easily receive the second kind of vision, that of a personal nature, by engaging in daily meditation. The receiving of the first type of vision, that of Universal Teachings, is a gift from the Holy Ghost.

These spiritual gifts were so created that they might aid humankind to become more aware, aware of the Divine Plan of God, their purpose in being and the reason for all of creation. The receiving of Universal Teachings is the gift of speaking and interpreting the language of the Angels. Another gift of the Holy Ghost is the gift of healing; another, the gift of wisdom; another, the gift of faith, and another, the casting out of evil, and so forth.

It is said in *I Corinthians*, Chapter Twelve, that every person receives one or more of these gifts of the Holy Spirit. My special gift has been the ability to receive and to interpret the symbol language of the Angels, together with the gift of prophecy of a universal nature. It is my mission to share these interpretations and teachings so that all who will listen will come to know of the purpose of their existence and of the ways by which they, too, can make contact with the angelic beings. I must share all of my visions and prophecies so that I might continue to receive afresh and anew and to fulfill my own purpose in being.

When I receive a teaching vision, I am taken out of my body and lifted above the normal limitations of Earth. I soar vertically, feeling the wind of Earth's atmosphere blow against my body and through my hair. I truly feel as though it is the real me who is ascending into space, while the fleshly envelope of the physical me lies resting and awaiting the return of my spirit.

I seem to travel past the planets, the stars, and the galaxies, until I am taken to a timeless realm beyond that of matter. It is here that I am given teaching visions of a Universal nature, which I *must* share.

The visions are presented to me in living diagrams, whose symbols explain the great mysteries of life—those questions which humankind has asked since intelligent thought was first formed in the subconscious corners of the psyche. The Universal Teachings are given me in vision form with accompanying thought-transference explaining them in greater depth. These teachings are created by the positive-feminine aspect of the Divine Plan, the Christ Vibration, and the application of these

patterned energies are guided into my life by the negative-masculine principle of the Christ Vibration, the Master Teacher of Universal Wisdom and Knowledge.

These Universal Teaching visions are part of a living, vibrational multi-faceted truth that is composed of many levels of comprehension. The level of the vision that is nearest the understanding of the recipient of them is the one that is immediately embraced by the conscious-negative aspect of the mind. The remainder of the energy of the teaching-vision is contained in the recipient's subconscious-positive aspect of the mind.

Upon the sharing of the conscious aspect of the psyche, the sharer receives harmonious energies of the highest sort, and these harmonious energies affect the sharer of that vision on every level, thus elevating his or her vibrations, mentally, physically, and spiritually. Thus the sharer of Universal Teachings is elevated in awareness and can more easily share another portion of the vision contained in the positive-subconscious aspect of the mind.

When the conscious mind, the negative-masculine principle, accepts and shares another facet of the vision nearest its own level of awareness, it causes an energy to exist that is patterned after that portion of the teaching apprehended. As the one who received the vision continues to share that which is received in the conscious mind, he or she will grow in awareness, steadily drawing upon deeper levels of that very same Universal Teaching-Vision. As the conscious mind becomes emptied, it embraces yet another aspect of that very same vision first received. Such interaction between the conscious and the subconscious continues until the entire vision has been consciously received and shared with others. Once this process is completed, the Teacher/sharer is ready to make contact once again so that another Universal Teaching-Vision might be received.

The second type of visions, that of *Personal Truths*, are those which give you insight, Divine guidance, and permit you to become aware of your purpose in being,

your reason for existing, so that you might complete your mission in the world. In this form of visionary contact, the Personal Truths which you receive are *not* to be shared with others, for they are unique to your understanding, special to your patterned being, peculiar to your own situations. It has been the sharing of such private, *personal* revelations that have confused the minds of so many, for what guidance might pertain to one, may not at all apply to others. In fact, that which may be a personal truth for one individual may not work for another. Indeed, certain guidance given of a *personal* nature might even prove harmful to another. In well-intentioned naiveté and ignorance, such types of visionary activities have confused our religions, scattered the understandings of the people, and almost buried evidence of the Divine Plan in organized worship. Those who channel Personal Truths and attempt to enforce their understandings upon others have violated the free will of masses of people and have prevented millions from discovering their *own* personal awarenesses from their angelic guidance.

We have all perhaps wondered why one spiritual leader will issue one kind of proclamation while another decrees a widely disparate revelation. The answer lies in the fact that they were disclosing Personal Truths, visions of a personal nature which were meant *especially*, and only, for the *receiver* of them. Such private insights were *never* intended to be proclaimed to the masses, for they would only cause men and women to set aside their *own* paths to God and to attempt to follow the path of another.

To cause another to cease from knowing, and thereby fulfilling, his or her *own* purpose in being is a grave transgression against the purpose of another's existence. To block another's path to the Source—whether done with the promise of Heaven or the threat of Hell—is a *violation* against another's spiritual sovereignty.

This very same Universal Teaching was received by me when I was a child of four-and-one-half years of age. For many years I was thwarted in the sharing of the

conscious aspect which I understood. This was due to a religious attitude that prevails still today that visions come only from Satan. This prevented me from consciously receiving more of that vision, and a greater understanding of it was therefore withheld. Since my public ministry has been in effect, I have shared this vision many times, but the entire teaching may now be shared with all those who wish to receive the full awareness of it.

Here is my first Universal Teaching:

I was taken out of my body to walk behind a berobed adult with long, very dark wavy hair. I thought at first this person was a woman until he turned, revealing his beard. This swarthy-faced being was the Master Teacher, the masculine-guiding principle of the Divine Plan, the Christ Vibration that was guiding me toward the receiving of a vision that had been formed by the creative-feminine principle of the Plan. I was following this man up a slanted walkway that reached high into the heavens. On either side of the way there were men and women chained to heavy balls. Many of the people were naked, and some hung by their wrists, their bodies dangling over the great void of space.

I felt great compassion for such unfortunates, and I noticed particularly that a woman with short, brown, fluffy hair was attempting to grasp my ankle so that she might pull herself onto the path once again. I stopped, reached back for her hand so that I could help draw her onto the walkway.

I was startled and frozen in motion when the adult in front of me turned and, with a sideway glance, said in a very monotonish but commanding voice: "Do not touch them!"

I was most surprised to see that the long-haired adult was bearded and unmistakably male. I quickly obeyed and continued to follow him toward a huge, metallic, golden door.

The portal began to open from the inside, since there was no handle on our side, and a bright light flashed out of the doorway. The brilliance of the light was nearly

blinding, as if a flashbulb had just flared before my eyes.

Before we could step inside, a booming voice resounded throughout my entire being, "We are not ready for her yet!" the voice thundered.

I was snapped out of the vision and awakened on Earth.

I got up and went running to my parents, crying that God did not want me in heaven. There had been no mention of God or any indication that the door led to heaven, nor had I as yet received any religious instructions, but that was the understanding that I received.

I also remembered the white letters on the large black metallic balls. I had just learned the alphabet, but I did not yet know fully how to read. I had, though, memorized the letters on the balls as being S-I-N, for I had seen almost ten of them as I walked toward the golden door.

For many years I was puzzled by what I took to be a very calloused attitude on the part of the bearded man toward the enchained men and women. Why shouldn't I have reached down and helped the woman back onto the path?

As I matured, and shared the vision with many people, I came to understand the teaching of it in full. The revelation tells me that we are each to follow our own personal path to the Source, God. We are each to receive our own personal awarenesses that aid us in fulfilling our purpose in being, our mission. We must never attempt to pull anyone onto our *personal* path to God, for that is a violation of free will, his or her purpose of existence. It is an offense to the Divine Plan of God to interfere with another's way of going.

I also consider it a great violation against individual spiritual sovereignty when certain hierarchal members of organized religious bodies have discouraged men and women from seeking personal contact with angelic beings and with the heavenly realm. How often I have heard it said that angelic interactions, revelatory visions, were only accomplished by sainted ones of ages

past. How saddened I have become to listen to authority figures in church groups actually *frighten* their members with warnings against personal contact with angels. "You might be fooled by the Devil or one of his angels and be condemned to eternal damnation," they have threatened. Could they not have taught their congregations the ways to ensure making proper contact with the angels from the realm of Highest Vibrations?

It is not for me to judge whether such fearful admonitions come from spiritual ignorance, spiritual naiveté, or a deliberate effort to control their congregations. I only know that we most certainly are able to establish a personal contact with the angelic beings and to receive our own personal guidance, totally independent of anyone else's religious dogma or anyone else's personal awarenesses of his or her pathway to God.

Do not be discouraged, therefore, by another's denial of your spiritual heritage. You, too, may interact with the angelic beings. You, too, may travel to the heavenly realm and receive your own Personal Truths, your own personal awarenesses, and understandings. I promise you that such contact is available for *all* who sincerely seek it.

Within all of humankind there exists the ability to enter a dimension which functions on a higher vibration, a dimension where unconditional love, wisdom, and knowledge of a personal way of going might be received. It is here that you will discover the gift given to you by the Holy Ghost, so that you might utilize that gift in helping others to become more aware of God, of the Divine Plan, and of their own reasons for being.

There are certain preparatory steps which you may follow in order to help you enter this domain of the highest vibrations. These steps will aid you in controlling your material reality so that you might reach the spiritual realm beyond and begin to live a more meaningful, productive life.

You will receive contact with the spiritual realm only when your mind is totally quiet. Prayer is important in

aiding you to receive a more balanced perspective, but it will not permit you to make contact. Prayers assist your actions. When you *consciously accept* the essence of your prayers, you permit an energy to come into being that is patterned after the prayer. This energy has the ability to "trigger" you into enacting that prayer-pattern on Earth.

Prayer aids you in performing good works, and it should never be confused with meditation. Prayer is speaking to God, asking, even pleading. Meditation is listening to discover your own personal way of going. Meditation is the quiet waiting to receive guidance from the heavenly realm.

If any thought enters your mind when you are beginning your meditation, gently push it away. Never shove an intruding thought from you, for it will only bounce back and demand that your conscious mind pay attention to it.

I have created a number of cassette tapes to aid you in developing your mental imagery and to assist you in removing yourself from the physical world so that you might enter the spiritual. These tapes are merely ways to condition and to strengthen and to bring harmony and balance to your subconscious and your conscious mind, the feminine and the masculine principles of your psyche. Mind control involves a conditioning process wherein the subconscious mind learns the ways to create balanced thoughts. The conscious aspect does the bidding of those subconscious hopes, dreams, and aspirations, bringing about the patterned energy of them so that they might be put into practice.

You must learn to control your subconscious and your conscious mind if you desire contact with benevolent angelic beings, and I have found that the easiest method for most people is one that involves a bit of imagination in order to "prime the pump."

Begin with a prayer of love, then imagine yourself as a vessel or kettle of love. Feel unconditional love pour throughout your entire being, filling you completely, permitting you to drift and to relax. Whether you

imagine that you are walking down a flowery lane, strolling through a forest, or floating on a cloud, if you use any type of mental imagery for eight to ten minutes *daily* upon arising or just before sleep comes, you will attain mind control and receive contact with the heavenly realm and achieve all that you need to know for your good and your gaining.

If you have trouble imaging anything, just keep that blankness as a dark or a light screen before you, allowing nothing to come into your thoughts. Practice this method for the same length of time indicated for visual imagery, approximately ten minutes, and you will achieve the same result. Both methods practice the control of the conscious and the subconscious mind so that the harmonious dreams, hopes, and aspirations you will have become realities.

So that you might have foreknowledge of that which exists in the heavenly realm of the highest vibration, here is a general description of those things which have been seen by me and by many others who have traveled there.

The beauty of the place appears even more vivid and tangible than that of the Earth. There are beautiful trees and thick vegetation. The flowers are vibrant with color and appear as though dunked in plush velvet. You will feel as one with all living things.

You will see a sparkling river of cool water, and it will refresh, as well as cleanse, your entire being within and without, before you approach it. You will watch playful animals frolicking nearby, and you will become one with their childlike vibrations. Soon you will become aware that all of your sensory apparatuses are operating in unison—all at once. The sensation is so pleasurable that you will almost be overwhelmed.

In this beautiful place the feeling of unconditional love will permeate your entire being, and you will revel and bask in it. The freedom that this love offers you is unsurpassed by any other love that you have ever known.

You will see many people there. Some are visiting,

just as you are, and a portion of these you may come to know. Others now reside there, having made the transition from flesh to spirit. You will also see those whom you will know to be angelic beings, for their beauty will be unsurpassed in its perfection. The glow that emanates from them will be radiant in its glory.

You will also meet your Soul, the feminine-creative principle and the masculine-guardian principle, which will interact with you and aid you in your understandings about your life. You will receive personal guidance of your path to God. They will also be able to tell you of the gift which you are to receive from the Holy Ghost. They will give you techniques whereby you might more easily reach them and be guided by them, thus establishing a form of communication upon which you may rely.

You will also meet those former lifetimes that were led by your Soul, those previous life expressions which were *elevated* in their vibrational energies. You may, through interacting with those prior experiences, gain the energies of the many lessons which they have come to know by consciously receiving all that they may wish to share.

In this beautiful, most wondrous place, you will be filled with joy; and at the same time, you will experience a deep mourning for the precious time that elapsed before such contact was made. You will experience both of these emotions at the same time.

Simultaneously, you will open your mouth to wail and to weep and to laugh and shout for joy. Such a paradoxical mixture of emotions often accompanies contact with higher intelligences. All those who live in the realm of the most harmonious of vibrations function according to the Divine Plan and the joy that abides here is wondrous, outstandingly beautiful. You will be imbued with unconditional love and a sense of "knowing" that all that you have received there will be personal truths for your way of going. There will be no doubt in your entire being that you have received contact with the angelic ones from beyond.

In this domain you will learn the ways that you should live to gain the most from life. You will receive the understandings that will aid you in leading a more productive, meaningful life. You will see clearly the ways in which you might better fulfill your mission on Earth in helping to achieve the Divine Plan.

With continued practice, by devoting less than an hour a day to God, you can easily learn how to achieve contact with the angelic beings, with those in the realm of the highest, most harmonious of vibrations.

You will become a purer channel and greatly gain from all the wisdom available to you. You will become more highly attuned—both mentally and physically—to the spiritual vibrations of this life and beyond. You will be able to see and to understand the true reasons for so many happenings in your life. You will gain a greater feeling of self-esteem. You will lose the pretense of ego that can consume you.

You will come to know true love, true wisdom, and true knowledge. You will become a Christ Child, a Child of God, for you will live in accordance with the Divine Plan, the Christ Vibration, for the glory of God.

KNOW THYSELF

We can find ourselves in the discovery of others

* * *

To find one's self is to find the god within, only then can one find God.

* * *

Those spurred by competition must prove themselves.

* * *

Discipline is the focusing of one's energies, thereby increasing their intensity, then directing them toward a chosen goal.

* * *

We are to reach God with our spirits as well as our bodies.
Did not the Tower of Babel teach us this?

* * *

We love what we feel we need, and hate what we feel we do not need. Both feelings may be wrong.

* * *

A great discovery is to find one's self, and an even greater discovery is the way to share one's self with others.

—Francie

* * *

CHAPTER SEVEN

Symbol Language–Interpreting Visions and Dreams

While in the dream state, whether it is day or nighttime dreaming, the vibrations of our mind, our fantasies, and our aspirations, take on images. The human mind is capable of creating a reality from the vibrational images of dreams, *i.e.*, man dreams of flying and creates the airplane.

Our minds control our sensory impressions. When in an altered-state-of-consciousness, whether it is chemically or naturally induced, our senses become heightened and the sensory data our minds record are greatly intensified.

As sighted beings we are accustomed to viewing the physical matter of our world, which we now know is comprised of certain molecular structures vibrating at varying rates of speed interblending with one another. When we are in an altered-state-of-consciousness, we can feel more keenly these various vibrations that surround us. Whether we view fluffy clouds overhead, shadows in a darkened corner, or an image altered by a bright light, our minds tend to anthropomorphize the impressions and create corresponding human and animal-like images with which we are familiar. Dependent on the anxiety we feel at the time, the formless shape we

turn into a more recognizable form corresponds with our feelings and our attitudes when we are receiving, thus becoming peaceful and attractive or disturbing and ugly. A slight vibration, with a correspondingly small, undefinable image, might be viewed as an elfish entity, whereas a strong vibration might be interpreted as a very large person bearing great strength.

If we are under tension or anxiety while viewing and interpreting an irregular form, we might feel that we have seen the large, looming figure of Satan himself. If we are peaceful and filled with love, we might interpret it as an angel of light—or more familiarly as a particular religious figure in whom we place great confidence.

It is not that the angelic beings, prophets of old, or certain spirits create the images that they wish to project to us, but it is our minds, our state of health (mental and otherwise), our attitude, and our belief construct which *aid* in the formation of the forms we may be given to see when in an altered state.

This is an explanation we must consider when viewing a spiritual entity from beyond. Although, of course, we should not totally discount the possibility that the entity may truly possess or project a particular image of its own and not necessarily rely on our interpretation of it.

When I was a child of four, I saw the first vision described in this book, in which I was walking behind a long-haired man, dressed in a long white robe, while ascending a walkway flanked by naked people chained down by their sins.

It was known by the entity that I would retain the memory of this teaching, since no one can ever really forget any vision that he or she receives. I would later come to understand why those people were naked, for it would show me that they were without their facades and their disguises, they were exposed. I would also come to know the meaning of the words engraved on each and every ball and chain—S-I-N. In my desire to aid a woman who reached for my ankle by pulling her back onto the road I was told, "Do not touch them." I would one day understand that I was not to try to pull anyone

onto my own Personal Path or way of going. Instead, each person must follow his or her own personal path and understanding to reach the Source of all energy-systems, God.

Our creative self, the subconscious-feminine part of our mind, speaks to us through symbol language in our dreams, just as the creative aspect of our Soul speaks a symbol language in our visions.

In our dreams, our subconscious mind acts as an alert mechanism to inform the conscious mind of a particular condition in our lives, so that we might be more consciously aware of the possibilities of utilizing or negating the existence of it.

If we are living in a particular situation that is not conducive to our awareness or to our growth, our subconscious mind may present us with dream-images portraying us wading through muddy water or becoming entrapped in a scene where filth abounds.

In a particular dream where a woman's husband was forcing her to eat leftovers until she was uncomfortably stuffed with them, it was admitted that in reality, the only bits of time he spent with his family were the moments that he had "left over" after all else he desired had come first.

Dreams function to reunite aspects of the unconscious mind with the conscious mind. When total realization and awareness occurs, all unconscious aspects will be known to the conscious self. It is very important to know yourself so that you might live a more balanced life and improve on your understandings of all things. By using dreams and their symbol language as tools, as well as understanding the symbols of your visions, you can thereby become more aware and come truly to know yourself.

Our dreams and our visions attempt to aid us in gaining awareness of life and ourselves. Learning to understand the symbology of your mind can aid your relationships with all people. Your dreams and visions will give you specific insights into your interaction with the world and your relationship to yourself—mentally,

spiritually, and physically. You can even come to know what is causing your present conflicts so that you might begin to solve them.

When you learn to use the symbol language of your mind as a tool, you can solve all of life's problems, erase your misunderstandings, and gain greater awareness of all things.

Many of our understandings about the unconscious mind are based on the writings of Freud and Jung. Freud compared the mind to an iceberg. The conscious mind is represented by the tiny portion that shows above the surface while the vast portion below the tip represents the subconscious mind. This analogy becomes even more apt when one considers the connection that one's unconscious mind can have with the spiritual world that lies beyond. The attitude, the understandings, the ways of one's unconscious mind decide the type of contact that one will experience with the spiritual world, be it with harmonious or discordant spirits. Men and women who have greater understandings of life and its meaning to the subconscious mind can maintain a contact with their Higher Self, their Soul, and the creating and the guiding influence that it offers the physical facet of it.

While in a comfortable position, with eyes either directed toward a blank wall or remaining closed, a person can begin to analyze his or her subconscious thoughts and allow free association to flow. In those occasions where analysts are used, it is preferred that they remain out of eyesight, thus encouraging the process and actually facilitating the mind to delve deeply, so that it might free associate more easily. But one need not employ the use of an analyst to explore the subconscious mind, to make contact with the inner self, to tap into the wealth of information contained in this vast storehouse of the hidden self.

Jung saw the conscious mind as a small vessel on the vast sea of the unconscious. He believed that the unconscious mind "leaks" information to the conscious

mind by means of symbols which can be found in our myths, stories, and legends. He believed the conscious mind is directed to the experiences necessary for attaining self-fulfillment. Jung saw the unconscious mind as an inner guide to one's transformation.

Much of our daily activity, our speech patterns, our gestures, our mannerisms, and our reactions to external stimuli are regulated by the unconscious mind. How we feel about ourselves and our belief constructs are also contained therein.

Beyond the unconscious mind there is the Higher Self, the Soul, and it is through this state of being, this superconscious state, that one can attain knowledge of oneself and all of life.

Most people disregard their dreams because they lack the understanding of their inner symbolism. But we have a teacher within, and this teacher is our Soul, our Higher Self, who will instruct us in those things we wish to know, so that we might become more aware of our purpose in being.

Symbology is the purest form of language, for it bypasses our normal, conscious censoring. We may not consciously wish to face what is imbalanced in our relationship with another, therefore we would repress that knowledge, that realization. In the purity of symbol language we easily accept the truth of a matter before our conscious mind can keep the knowledge from us.

If you begin to record your dream images and the emotions and thoughts that are felt by you within and outside of the dream state, then you will begin to see the underlying meaning of those symbols. The main function of dreams is to restore balance to the self.

Since time is irrelevant to the dream or vision state, one can see symbols that are related to one's past, present, or future possibilities.

The dream of one's giving birth to a child, or possessing a new baby, is an image that frequently means that one is about to give birth to a most won-

drous, beautiful idea—or that a thought of great importance is about to emerge and should be permitted to be born into being.

In our modern society, humankind has become encased in concrete structures, and we no longer consciously identify with nature. We no longer listen to the whispering voices that can be heard in the wind or feel the heartbeat of the Earth Mother as we lie upon her soft slopes. Nor do we feel the spiritual flow that comes through bubbling brooks or rushing waters. Yet the symbology of these inner longings, these natural urges, are remembered in our subconscious minds.

Keep a notebook and pen near your bed or your place of meditation so that it will always be handy for the recording of your symbols, feelings, and thoughts. Upon awakening, write down all you can remember. Don't put off this practice until you've showered or had your morning's first cup of coffee, or you'll find the exact symbols of your dreams and the understanding of your visions might be washed away. With practice you will learn how to interpret the symbols of your dreams until you become very adept at instantly understanding them and their relationship to your life. Soon you will be able to obtain guidance and awareness regarding any particular problem with which you may be faced by a form of instant contact had through meditation.

Define your problem. Phrase the questioning of it in your mind. Ask the why of it, the reason it exists, and the methods of removing that problem from your life.

Sit or lie in a comfortable position in a place where you will not be disturbed. Take a few deep breaths and totally let your body relax. Repeat the questioning of your problem several times over. Do not let your mind wander. Instead, gently bring the questioning of your problem back into the forefront of your mind.

Let yourself fall into a dream state, the first state of sleep. Make a mental note of the images you receive and when they have completed themselves. Will yourself awake.

Upon awakening, record all you witnessed. With

repeated practice you will learn the methods by which you can maintain contact with your Soul and be guided in your interactions with all of life.

* * *

During the dream state we are totally receptive to any thought that our mind might wish to receive. The dream and the trancelike states offer particularly good times for our angelic beings to interact with us. During those times in which our physical bodies lie dormant, involved in repetitious movement, or open to hypnotic induction, we can be set free of the normal limitations of reality. Thought-awareness will better be able to affect our lives on many levels.

During wakefulness, each of us has certain shells of varying thicknesses which we erect around ourselves. These shells are often necessary to protect us from the many assaults to be found in daily living. Regretfully, it is this same protective shell which so often blocks contact with the other side. Setting aside time for meditation will permit one to reach a state of consciousness to receive awareness, but the dream-state will still provide one of the most productive areas in which to receive teachings.

Visual teachings from beyond most often come in symbol-language. This language is best described as single images which represent whole thought forms. The ability to understand your individual symbol-language takes but a few minutes daily.

Keep a notepad on your bedside table, together with a small file box with cards tabbed from "A" to "Z." Each night before you retire, date the notepad.

When you awaken, record your dream. Underline the subject matter.

For instance, let us say that you were purchasing new shoes in your dream, because the shoes you were presently wearing were damaged. You tried on many pairs of shoes before choosing a pair that felt the most comfortable. Now underline the subject matter, *damaged*

shoes exchanged for new shoes. Think of what "shoes" may represent.

Shoes are your foundation. They permit you to walk comfortably wherever you choose to go.

Remember, you tried on many shoes until you found a pair that was comfortable. Trying on several pairs may indicate that you will have to try many paths. You should change to a new way of going in which you will feel more comfortable, because the way you are now walking is damaging to your awareness (remember the *damaged* shoes in your dream).

On an index card, you should write: "Shoes." Beneath the topic, write, "*Damaged shoes exchanged for new shoes*. I should change my way of going for another, more comfortable, way."

Now file this card under "S" for shoes.

Each dream has a major subject matter. Nearly all events symbolically received can be filed by the particular subject, its meaning, and how it directly relates to your personal experience.

The manner in which the subject matter normally relates to you is usually the measure of understanding its meaning.

If you should dream that you have mud all around you, you would best understand this image by realizing how you would react—and what state of affairs you would be in—if mud really were all around you. You might feel that there was no path out of the dilemma. Therefore, in the waking state, you would have to seek a way out of circumstances which your dream showed as "mud" surrounding you.

If you should dream of being all alone in a boat in the middle of a large body of water, you may feel that in the waking state you are helpless to use properly the creative energy that is all around you. Give of your creative energies during the day, and you will find your life becoming more positive and productive.

After even a few nights of productive dreaming, you will find your file box beginning to fill up with your dream symbols and their subjective meaning to you.

You will be able to flip to any subject matter and recall what it means in your life.

After a period of about a month, you will have memorized your symbolic dream language, and you will have become more aware of everything about you. You will know much more clearly what you must do. You will have received a glimpse of what is in store for you in your future. And it will have become easier for the angelic beings to speak to you, to teach you, to prepare you, and to guide you throughout your life.

* * *

There are many techniques whereby one can use the dream state to gain knowledge from oneself and from beyond. Such knowledge will aid in the restructuring of your present life into a way of going that will be more productive, desirable, and pleasurable for the health of your mind, spirit, and body.

You should set aside time for regular daily meditation. Two of the most preferred, and perhaps productive, times are upon arising and before sleep comes.

Learning to acquire an altered-state-of-consciousness necessary to fulfill your purpose in existing. This is the key to personal happiness, for happiness does not come from another. Another person may enhance what you already have, but he or she cannot create what is not there. Happiness comes from within—through contact with your Higher Self, through knowing yourself in totality, through the realization of your purpose in being, and by applying your knowledge to your life. This is balance, peace, harmony, and happiness.

Dreams and their symbols have been utilized in many practices. Homeopathic medicine associates reoccurring dreams with specific remedies. In this practice it is believed that the subconscious mind is symbolically telling the dreamer what it is the body needs. Just as the subconscious mind attempts to restore mental balance, this form of medicine believes that the mind also tries to restore balance to the physical system. In this practice

certain symbols are related to particular herbs, which it is believed the body is requesting. Many of Europe's most famous and finest doctors practice this form of medicine.

The dream state and the meditative state offer particularly good times for our angelic beings to interact with us. During those times when our physical bodies lie dormant, involved in repetitious movement, or open to hypnotic induction, we can be set free of the normal limitations of physical reality. Meditation and the dream state provide two of the most productive areas in which to receive awareness. Meditation is a gentle, gradual way of discovering who we really are, our full self, our total potential as human beings.

There is a method through which you might easily obtain self-discovery through the visual imagery of symbols. Even in the initial phase in the use of this particular method, you will be able to understand the true reasons for certain events in your life and how they actually affect you. You will also become more capable of changing those things that have caused you to stagnate and have caused you to stand still on the path that leads to the Source, God. With continued practice you will gain a feeling of mission, of purpose, of self-worth, and you will lose the pretense of ego that may be blocking and consuming you. You will attain a greater perspective and come to know the full meaning of unconditional love, wisdom, and knowledge. You will evolve into a more perfect instrument for the Source.

Before beginning, make certain that you will not be disturbed for at least a half hour. Darken the room so you will not be bothered by any bright light.

If silence is difficult to achieve in your surroundings, the humming motor of a nearby fan can aid in drowning out noises that might interfere with your meditation. You might wish to play a tape of tranquil, meditative music, making certain that you are ensured of at least a half hour of uninterrupted musical sounds.

Next, stretch your body, your limbs, from head to

toe, so that you are more able to totally relax. Lie down, quiet yourself, and begin your inward journey.

The images that may come to you at first may not be clearly defined at all. Perhaps you may have to guess at what they are. But soon you will find their forms becoming clearer and clearer, until their colors appear even more vibrant than are to be found in the so-called reality.

Picture yourself walking purposefully through a forest, the forest of your mind. This should be a forest that you have never actually entered or seen before, a forest that your mind creates. Do *not* idealize.

Notice the trees that abound. Are they all one type of tree or a variety? Notice the entire forest. Approximate the season that exists here. Notice, too, the leaves and the branches on the trees.

Can you touch them while standing, or must you jump to reach them? Or, are they so high over your head that they are impossible to touch? And the bark of the trees—is it rough? Is it thick? Is it smooth or thin? Is the bark different on certain types of trees, or is it the same throughout your forest?

Notice whether you are walking on a path or whether you are just making your own way. If a path exists, notice if it is irregular, winding, or straight. Is it narrow or wide, filled with overgrowth or clearly defined? Are there sharp pebbles upon it, or a grassy bed?

Continuing on, you see a bear enter into your forest. How do you feel about this intrusion? Is this bear a male or female? Which do you feel it is? What is the size of the bear? Is it on all fours or standing upright? What is its color? How do you relate to the bear? Do you stand still with fright, run, hide behind a tree? Do you attempt to interact with the bear?

As the bear leaves, you notice something in the grassy area ahead. Walking toward it, you discover the object to be a key. What is the size of this key? To what do you feel the key leads—a door, a gate? What is the metal of the key? Its condition? Are there particular designs con-

tained on its surface? Do you wish to keep the key or return it to where you found it? Or, do you wish to place the key in a noticeable place for its owner to reclaim it?

You look ahead and another object catches your eye. It is a cup on the forest floor. Notice its shape, its form, its condition. Is it cracked? Is there a design contained on it? What is the color? Are there one or two handles? Notice the size of this cup. Looking into it, what do you see? Is there anything within it? Is it empty or full? What are the contents thereof? If it is a liquid, is it clear or murky? Is there a leaf, a bit of sand, or dirt within your cup? Bring it with you as you travel through the forest.

Up ahead you see a shine that emanates from water. Going closer, you can see it completely. Is it a stream, a brook, a river, a pond, a lake, an ocean? Notice the water carefully. Can you see into it? Is it clear or murky? What is in the water? From where does the water seem to be coming? Was it always here? Does it come forth from a larger body of water? Does it come from a mountain stream? How do you feel about the water? Do you wish to wade in it, swim, drink from it?

Now motivate yourself to awaken and to record all that you saw. The symbology which your mind was caused to create will aid you in your understanding of your present self, and provide the first step in your self-discovery.

Listed here are some of the images you may have seen, and possible interpretations of those symbols and images created. These are generalizations that appear to apply to most people. You may find that there are variations in your attitude toward certain images which you caused to exist; however, such deviations from the general interpretations would be ones that are unique to you and dependent on your understandings, attitudes, and environmental experiences. Through continued practice, you will discover your own interpretations of the images you see.

The season in which your imaginary forest exists should be compared with that which is your favorite

season. If the seasons are the same, then you feel your life, at present, is basically to your liking. If you find the seasons different, how then do you feel about the particular season in which your forest was discovered? If it was spring, do you enjoy that season or find it uncomfortable? Keep in mind that, if it were spring, you subconsciously feel that your present state of being will soon blossom forth with new life. However you feel about the particular season in which you found your forest is how you feel about your present life situation.

Trees represent people, living lifeforms, whose outstretched arms may offer you fruit, while still reaching to the source of their energy, the sun. Low branches indicate people who are easy to reach, to whom you may easily relate. Trees with high branches toward which you must jump or stretch to reach indicate how you must endeavor to put forth your energies to be able to relate to most people. Those branches that are very high represent those people to whom you find it difficult to relate.

If the trees are of one variety, such as pine, you feel that people generally are as unchangeable as the evergreen pine tree, but that your interrelationships can sting and prickle your sense of touch. If the branches of the trees are covered with fruit, flowers, or nuts which are easy for you to reach, you feel that such people in your midst have much to offer you.

In certain cases people have described their forest as composed of mere stubs, the product of a great fire. These people feel that their present life has been ravished and that the people in their present circle of acquaintances have nothing to offer them. This is also true for those people who discover their forest stripped of leaves, with winter in progress, when summer is their favorite time of year.

The bark of the tree is indicative of the personality of those people in your life, and it corresponds to a smooth or an abrasive manner.

If you discover that you were making your own way on the forest floor and not walking on a path at all, you

revealed that you felt your way of going was undecided and that you are making your own way through life. If, however, you discovered your path to be irregular, winding and with heavy overgrowth, you know within the way you wish to tread through life, but you find that way difficult to follow. If your path is wide and straight, you have no doubts as to the way you wish to go.

The bear represents troubles in one's life. If your bear was large, dark, and stood on two legs as if about to attack, you feel a major problem looms overhead that threatens your happiness—even perhaps your "life."

Whether the bear is a male or a female may be attributed to your particular problem—and the sex with which you find your problem.

Your reaction to the bear indicates your reaction to your present problems. If you attempt to interact with the bear in a friendly manner, you wish to face your problems head-on. You also recognize the value of problems, and you try to work them out for the betterment of yourself and others. There is much to gain from problem experiences.

The key you are led to discover represents your opportunities in life. If you feel the key is to a gate or a door, what you feel lies beyond it could then indicate what you feel your opportunities to be. The metal and its present market value indicate the value of your opportunity.

The size of the key is the size of your opportunity. The condition the key is in denotes the existing state of your opportunity, be it rusty or shiny new. The designs on the key may give you some idea as to how you feel about your opportunity, be it plain and simple or elaborate and beautifully created.

Your attitude toward the key—whether you wish to keep it, return it to its place, or place it in a noticeable spot for another—indicates how you relate to your opportunities, *i.e.*, if you wish to keep them, return them, or give them to another.

The cup you discover on the forest floor represents

your capacity for love, and the present condition and quality of it. The physical appearance of the cup may denote a recent pain you've experienced. If it is broken, you obviously have suffered a broken heart that is still devastating to you. A serious crack would approximate the very same occurrence.

If there are two handles, you wish firmly to hold on to love; and you place such a value on it that you feel it a gift or a prize in your life. If the handle is too small to hold comfortably, or is broken, you feel you lack the ability to hold on to love.

What is in the cup, and the state of that substance, be it sweet, bitter or drinkable, denotes your heart at the present time. For those who see a lifeform in their cup, such as a tiny insect or a small plant growing, this would indicate an appreciation of life, or a new love that is now beginning to grow in your heart. How full or how empty your cup is would denote how much love you now have in your heart for the object of your affections—if indeed one exists at all.

The water in your forest represents the creative energy, which is, in the physical world, the sexual energy as well, for we physically create through sex. The amount of water would denote the amount of creative energy and/or sexual energy you have in your present state. Whether the water is a stream, river, brook, or ocean would indicate an ever-flowing replenishment of creative energy into your life, and that your creative energy is flowing out as well, being utilized. If the water is a pond, there is an indication that though your creative energy might be beautiful it could very well be stagnant.

The condition of the water denotes the condition of your creative energy and/or your sexual attitudes. If there is life in the water, this would indicate that you associate life with creativity and with sex. If you can see the fresh water coming in, rushing forth, you are aware, if only on a subliminal level, that creative energy comes from beyond. If your water pours fresh from a mountain stream, you are well aware of its coming from the

Source, God, if only on a subliminal basis. How you feel about the water—whether you fear it, wish to touch it, swim in it, drink from it, wade in it—would be your attitude toward the creative energy, as well as toward sex.

Whenever you wish to see your progress, give yourself this awareness test once again. Even when you know the interpretation of the images your mind creates, if you are honest with yourself you will still see only those images that represent your *present* self.

* * *

THREE STEPS TO AWARENESS

Here is a similar technique that can aid you in attaining a productive, complete, and total life, so that you might better fulfill your purpose in being and discover a more beautiful tomorrow.

With continued practice of this particular technique, you will also step from your Earthly shell and travel with those beings of light where you can receive your own vision teachings and reach a higher awareness than you ever hoped possible on Earth. This is called the Three Steps to Awareness.

Begin in the same manner, making certain you will not be disturbed. Utilizing a cassette tape or a long-playing record of tranquil, meditative music which affords you at least thirty minutes of sound, relax in your most comfortable position. Close your eyes and picture yourself breathing in pure, cleansing air. Breathe slowly, comfortably, for several minutes. Permit your breathing to become deeper, longer, slower, until you've totally quieted your being. Now image yourself venturing forth on your spiritual odyssey, berobed in pure, shining, protective white.

Begin walking slowly, purposefully, through an enhanced forest. You are following a golden light that is leading you through the forest, and you are treading on

a wide, soft path that is lined with beautiful trees of all types, sizes and varieties.

See the branches of the trees. They are very low—low enough to reach and to touch. You are able to touch them without straying from the straight path that leads you through this forest.

Look at the bark of the trees. Although some of the trees have a rough exterior, you are able to see the soft inner core beneath it which gives off a glow where the life force exists. Continue walking and now look to your left. Beside the path sits a small bear cub. It is friendly and playful. Receive it with love and watch it respond lovingly. Walk on, following the golden light. Ahead is a beautiful lake, filled with sparkling, clean, clear water which comes from a mountain stream. The large lake nurtures multicolored, lively fish, and it empties out into the ocean of life.

As you stand before the pulsating Ocean of Life, reach into your robe, just over your heart, and remove a drinking cup that rests there. Your cup.

Hold it heavenward and psychically, mentally, shout up the words: "Love! Love! Love!"

As you watch the sky above you, you see a beautiful love vibration gathering from the four corners of the heavens. One bright ray of light comes from the North, another from the South, another from the East, and again, another from the West.

They meet, merge, and form one almost blinding ray of white light.

This ray is filled with heavenly love, from the angelic beings, and it is beaming down to you. This love can be received whenever you are in tune with the Angels, with your Higher Self.

It is splashing into your cup until it runs over the brim and anoints you.

Now lower the cup to your lips and drink the nectar. Drink it all. Drink down this delicious heavenly love, which bears an apricotlike taste. Feel how it glows and warms every part of your body.

Look at your cup. See how it has changed.

Look within it and without. See how it has been transformed from holding this pure and heavenly love.

Put your cup back inside your robe and enjoy the warmth.

This is the first step to awareness.

Next, feel yourself begin to float. You are rising higher and higher.

As you look up, you see a huge, glowing cloud descending to meet you. It is white, tinged with gold.

You rise higher. It comes nearer. When you reach it, you climb aboard and rise even higher.

You are rising above Earth. You are rising above the clouds. You are rising higher and higher, higher and higher.

You move beyond the Earth, beyond the stars, beyond this dimension. Moving through many Levels of various colors to reach the beautiful Crystal City in the sky.

Step off the cloud and see before you a Crystal River of cleansing, sacred holy water.

This holy, healing water cleanses within as well as without. It removes all scars, hurts, pains, regrets, burdens, and leaves you clean.

Wash yourself. Dip your whole body into the water. It is the perfect temperature, and it only rises as high as your heart.

If you have any troublesome or annoying habits, addictions, or appearance problems, wash them away, too, and watch them float downstream.

Then, clean and pure as a newborn baby, get out of the holy, healing water, the inner baptism, and walk to the opposite shore.

This is the second step.

It is at this time that you can make decisions without regret. If you have a problem you wish to solve, a decision you need to make, leave it floating on the water.

As you stand on the opposite shore, see it bobbing on the holy water, awaiting your decision.

You are now facing the problem, but you are

detached, separate from it. You have severed its emotional attachment to you.

Know that God is goodness!

Face the problem floating on the water, and say this: "In the name of God, if it is for my good and my gaining, rise!

"In the name of God, if it is *not* for my good and my gaining, sink and be gone from me!"

If the problem rises, return to the water, snatch it from the air, and clutch it to your bosom. It is for your good and your gaining.

You may test the problem again in the same manner whenever doubt arises concerning whether or not you should continue to carry the problem with you.

If the problem sinks and is gone from you, let it go. Do not return to the water. The problem may be for another to bear, but it is not for you.

Once you have made your decision—or if there is no problem to test—turn away from the holy, healing water and climb the opposite bank. Walk up a grassy knoll.

As you climb toward its top, program yourself with uplifting thoughts. Be truly proud of your efforts toward self-improvement. Vow to move away from any unwanted habits.

Now, at the top of the hill, you see a beautiful golden chalice, bedecked with jewels. The huge chalice is filled to the top with a golden substance. It is a distillation of the highest love available—Unconditional Love, the Christ Vibration. This love will transform you, for it is far above that of Earthly Love. It comes from the Divine Plan of God which came directly from the *Source*.

You have been filled with heavenly, angelic love.

You have cleansed yourself in the Crystal River, washing yourself within as well as without. You have made any necessary decisions without regret with Divine Help.

Now drink from the Golden Chalice of God's Love. Drink every drop of it.

Vow from this moment on to be as a kettle or teapot of unconditional love.

Whenever you interact with any living thing, picture yourself as a teakettle of love, complete with a spout. Periodically image yourself pouring out unconditional love on that person, animal, or plant.

Unconditional, heavenly love flows in through the top of your head, filling you totally, to the very brim. You pour out love to all of life through the spout, where your heart is.

Every drop that is given from the spout is immediately replenished through the top.

Become an instrument of God's love, perfect love. If someone rejects your love, your sharing, be not hurt or rejected. You will be instantly filled through the top with God's love.

Never give love expecting a return from earthly love. The love of a mate, a child, a parent, a friend is a bonus while on the Earth-plane. But that deep longing can only be satisfied by God's love.

When you reach a greater understanding, you will be able to image your spiritual teakettle on even inanimate things so that your interactions with all of life will be in balance, for you will be vibrating with the highest attunement in the universe—the Christ Vibration, the Divine Plan.

This is the third step.

Now, set the chalice down and look toward the horizon. See looming up from the midst of the Crystal City the great spires of the magnificent Golden Temple. Rush to the temple. You are now prepared to enter into its vibration.

See before you a gigantic golden door, nine feet high, three feet wide. It is open.

Enter and discover the three highest vibrations—Love, Wisdom, Knowledge.

Awaiting you within is your Higher Self, your Guardian Angel, your Master Teacher.

You will learn your true purpose on Earth. You will remember your mission.

You will discover how you must accomplish what you need to do. If there are any past-life experiences directly related to your present-life experiences, you will learn of them here.

All you learn here will be for your good and your gaining. And all these things will prepare you for your birth in the stars—your Starbirth!

* * *

UPON A SEA

Upon a sea of glass my fate washes o'er me,
churning and tossing me high and low;
Yet one small ray of hope, a light shines down on me,
showing me the only way to go.

'Tis not an easy trip, my arms flailing o'er my head,
gasping and gulping through tears and strife;
A lighthouse far ahead, towering to the sky,
the only way to save my life.

Will I survive the trip and swim straight, toward my goal,
not stopping or drifting by the way;
Or will I toss up my hands and sink into the night,
never seeing the light of day?

—Francie

* * *

CHAPTER EIGHT

The Purpose of Creation

I remember the day well when I received the vision teachings which told of the purpose of our being—the reason we were created.

I had readied myself for my daily contact, the time when I attempt to receive truths from beyond the physical plane of Earth. I had completed all of my necessary physical tasks of the day, and I had made certain that the time that I had selected would permit me to remain undisturbed.

I closed the thick drapes over the windows and settled myself on the soft surface of my bed. I began to breathe more slowly, taking long, deep breaths, as one might do in the practice of a Yogic breathing technique.

I cleared my mind of all extraneous matters as I gradually focused on the thought that I wished to explore, so that I might share the light of awareness with others. Steadily, I concentrated on the question: What is the full purpose of our being?

I continued to form a pattern of my thoughts as I slowly imaged many people performing tasks of various sorts, from the mundane to the most sublime. As each image flashed before me, I asked the "why" of it.

I imagined, for instance, a woman giving birth and

nurturing her child; a farmer planting and harvesting his crops; construction workers building and maintaining roads and cities; scientists inventing and perfecting new products; creative artists fashioning songs, poems, paintings. In each instance I asked the silent question: "What is the purpose of our existing on Earth?"

Mentally, I visualized myself grouping all of this great variety of images together, as one might concentrate them as if to form a ball. I next imaged myself tossing this ball of images high in the sky, so high that it would continue up into the very heavens. Then I proceeded to envision myself following the image-ball, seeing where it might lead me. I had embarked on a quest, a spiritual journey to discover the vision-teaching that would reveal the truth of our purpose on Earth.

The journey was long, but it was thoroughly enjoyable, as I soared through the clouds, then rose above the Earth and continued on into outer space. It seemed as though I were ascending through layer upon layer of different energies. Each layer contained its own pleasurable sensations, and these bathed over my being, both within and without.

I continued to follow my thought-pattern until I ascended into a realm that was permeated with the most enjoyable sensation of unconditional love. My entire being was suffused with love of the purest quality that I had ever known. It was an energy of love that loved me just for being, and I felt sanctified, purified by its vibrational frequency.

Awareness of all that was around me began to increase, and I could now see before me a massive sea of energy, a veritable cosmic ocean. The power within it pulsated continuously, and I stood in awe of such majesty. Then it was that a thought was caused to enter my mind, and I perceived that I was being shown a representation of the Divine Plan of God, the source of all other energies, and this had been created by God, and it was alive and moving about, and would come to be known as the Christ Vibration. This Vibration had been created in the image of God, being capable of

creating, and remained connected to God by a current of energy that flowed from it and reached out, disappearing into a realm far beyond what my eyes could envision. As I looked upon this ocean of energy, what seemed to be the most magnificent of all sights, I marveled at the multiple complexities which I could see moving within the gilt-edged borders of the image of the great cosmic ocean. I was drawn to look more closely within its pulsating, rippling structure, and I could see an area near its core that had begun to contract and to move in a pattern different from that which surrounded it. This irregularly contracting area of lighter and darker particles began to move slowly forward to the outermost edge of the ocean of energy until, finally, it pierced the wall and came to exist fully outside of the perimeters, as if it had been expulsed by a strong inner force.

The newly formed energy was quite similar in appearance to the great ocean from which it had sprung, except that the new creation was a smaller pool of light. Due to its transparency, I could easily see within its structure, and I beheld lighter and darker particles darting about, and I understood that they were as molecular structures. They moved in circular fashion, each almost touching the other. And as these swirls rhythmically began to touch one another, their pool of light became brighter, glowing from within.

Another thought was caused to enter my psyche, and I knew that the teaching of our purpose in being had begun. I was told that the two particles within the pool of light might be considered as positive and negative in nature, and that their relationship with one another was symbolic—each dependent upon the other for its purpose in being, for its reason for existing. I further perceived that this holistically perfect pool of glowing energy represented the first creation of the Source, the first Soul ever created—and its energy was spiritual.

As such a thought continued within my psyche, I noticed that all particles within that had been designated as positive had begun to gather into an area, as had all particles that had been said to be negative. A complete

division between these two groups had begun to exist, and yet they were mated together as one. The division between the positive and the negative particles continued to externalize outside of their former boundaries until there came to be two separate pools of light, and though there existed a distance between them they remained connected through a current of energy.

A movement to the left of the divided pools of light then caught my eye, and I was permitted to see that the great cosmic sea, that of the Divine Plan, had begun to pulsate more rapidly and cause countless other energies of the same essence to be projected from it. These multiple pools of light glowed all around the great sea of energy, as lights in a circular fashion. Within seconds of their nativity they began to separate from within and they, too, divided as the first of them, yet they remained connected to each other by a current of energy, and multiple Souls were formed.

I was led to understand that in such a manner, the Divine Plan of God, the patterned energy God created, had caused the separation of energy to exist so that the plan of all creation might be furthered in accordance to the pattern thereof, the direction of God. All these Souls remained connected to the Divine Plan by golden umbilical cords, through which the energy of God continually flowed.

My eyes were caused to anthropomorphize these Souls, and without my knowing, they appeared as humanlike beings of light. They now appeared as males and females, and I was told that the female was positive and the male negative, and together they could create other energies. That all of creation was in the image of God, being positive and negative in nature, capable of creating energy.

My attention was now drawn to observe the golden umbilical cords that connected the Souls to the Divine Plan of God. These had begun to glow as though a bright current from the Divine Plan of God was flowing through them. As the golden energy was received in the form containing the feminine principle, that same

feminine part sent forth another cord from itself that seemed silver in nature. At the end of each silver cord that was being sent forth, a small crystalline sphere began to come into being. Each sphere, I was told, would represent a lifetime which would be led in the realm of matter.

I was told to watch as an embryo began to form within each of the spheres that had just been extended. Before the birth of an entity, a spirit fashioned from the golden energy of the Source entered its form. The nature of this spirit was eternal, and was in the image of God, capable of creating other energies.

The spirit within the child was tended to by the masculine principle, which hovered over it as if to minister to its needs. The masculine principle, I was instructed, functioned as a guide and a guardian, assisting the spirit within the child in gaining knowledge. The feminine principle, on the other hand, channeled certain personal truths and awarenesses that had been gathered into its energies. Both the masculine and the feminine principles were the emissaries of light to those people they helped cause to exist in the realm of physical matter.

Time was caused to pass quickly before my eyes, and the children within each of the spheres matured to various ages and interacted with all of matter—both organic and inorganic. Newly formed energies, which appeared as sparkling lights, were caused to exist, from their interactions, and they entered into the children and increased and elevated their natural vibrations.

Harmonious interactions with all of matter caused patterned energies of the highest, most harmonious kind to exist. Interactions which were discordant in nature, however, created patterned energies which were imbalanced, chaotic, and destructive. These energies were shown to me as dark, humming forms, whose sound was irritating, like that of static electricity. When these discordant patterned energies were absorbed into the spirit, they brought about a lowering and a distorting of the entity's natural vibrations.

I was caused to know within that the reason and the purpose for our creation was that through our harmonious interactions we, too, would create in the realm of matter. The new energies which we would cause to exist should be of the highest sort, and would contain the pattern of the experience that had caused them to be. In our wisdom, through our balanced interactions with all of matter, both organic and inorganic, in accordance with the Divine Plan, we would gather into our spiritual being those patterned energies of the highest and most harmonious of orders that we created so that we might evolutionize our spirit within.

Upon the death of our flesh, it was shown to me, our spirit within would continue to vibrate with those patterned energies of the highest order it had created and gathered, and would continue to rise, thus joining the high vibrations of the feminine and masculine principles of the Higher Self, our Soul, and that of the other angelic beings in the realm called Heaven. Unfortunately, however, those who in their ignorance had chosen to interact with all of matter in a discordant, destructive fashion, disharmonious to the Divine Plan of God, thereby causing patterned energies of the lowest, most chaotic order to exist, had set their spirits vibrating in the lowest of frequencies. These spirits would enter into a realm of their own creation, a place of chaos, a place of limbo, the place called Hell.

As I continued to watch, time was again caused to pass quickly before me—months, years, lifetimes fully flowered into existence, then withered in transition. Throughout all time passages the feminine, positive principle interacting with the masculine, negative principle steadily sent forth many silver corded energies, forming starlike rays in every direction.

At the end of each cord there existed small, crystal-like spheres, which, I was told, represented each lifetime that was to be led on Earth. Within each of the spheres there formed an embryo, which became a child—sometimes living to an old age, sometimes dying sooner, but always interacting with matter and gathering the pat-

terned energies it caused to exist. It continued gathering awareness, affecting the lives of others, as it matured. Each patterned energy of awareness gathered the vibrations of each lifeform, as well as causing increased contact with its Higher Self, its Soul.

When there appeared to be no more gaining of a particular sort to be achieved from one particular lifetime, the energy within the cord ceased to be. At that time, the spirit within the lifeform would either rise to the realm of the highest, most harmonious, of vibrations or sink to the discordant vibrational realm called Hell, dependent on its spiritual vibrations.

I learned then that the feminine and masculine principles provided the vibrational balance within each Soul and that each lifeform in which the Soul expressed itself could be thought of as the multiple facets of one great crystal. As the physical lifeform created and gathered energies of the highest sort, which it achieved through harmonious interactions, it gained greater contact with its Higher Self, its Soul through the silverlike umbilical cord, and did therefore live in greater accord with the Divine Plan of God.

Through our existing in the realm of matter, we cause new patterned energies to exist. At the end of time God will receive our patterned energies, thereby causing it to expand in vibration and to become even more complex than before. Through our harmonious interactions, the Source, God, experiences even more of life through the patterned energies created by our experiences in the realm of matter.

And as I looked throughout all of space surrounding me and was permitted to see countless stars, planets, and suns, I was told that there existed extraterrestrial, as well as terrestrial, life. All lifeforms, whether existing on Earth or flourishing throughout the cosmos, were created through the patterned energy God created, the Divine Plan.

My eyes were caused to focus on a single planet, and I saw that it was Earth. I saw humans interacting with all of matter in ways which were chaotic and destructive.

Humans attacked and hurt one another, sometimes fashioning great chains from the metals of the Earth and enslaving their fellow beings, causing them to conform to their will. These humans were interacting with organic and inorganic matter in a discordant and destructive manner. They were causing new energies to exist which were chaotic and disintegrative in nature, and those vibrations were becoming a part of their whole being, affecting them mentally, spiritually, and physically. All is holistically interrelated and intertwined on all levels. I knew that such activity was not a part of creation. I knew that such chaotic vibrations were not true to the Divine Plan of the Source.

A great sadness rushed over my being as I understood that humans, with their continual warring and programs of destruction, had made their allegiance to *Chaos*, not to God. We must accept our responsibility for this choice and recognize it as the original sin. We should not delude ourselves or blame others. We must not appease our conscience by saying that God created Satan and Satan created sin. It was humankind, who, through its discordant, destructive interactions in opposition to the Divine Plan of God caused *Chaos* to exist. The ways of God are perfect. It was we who transgressed against the Plan.

I asked further of the judgment of the spirit so that I might more fully explain it to others, and I was told that all spiritual energies which we cause to exist during a lifetime of interactions become a part of our being. All is holistically interwoven, and all the patterned energies which we have created will affect our total self in spirit, mind and body. The "judgment," of which the higher intelligences have spoken to our prophets, refers to *self-judgment*. It is *we* who decide our fate. We are the ones who cause the spirit-within to rise to the heights of Heaven or cause it to sink to the degradation of Hell. It is always our choice to create and to gather the energies had from harmonious interactions or to fashion chaos and collect the energies from discordant, destructive acts.

Upon the death of our flesh-forms, those whose spirits are vibrating with the most harmonious of energies of the highest order will rise to the realm of the highest vibrations; those whose spirits pulsate with the energies of the lowest order will be entrapped in the chaotic realm of disorder. I could not help hoping deep within that some dispensation might be given for those so entrapped, but nothing was told me that would alleviate my despair over such a fate for those of discordant vibrations.

I was enlightened, though, on the "End-Times," the so-called end of the world, the time when the Bible speaks of people rising from their graves. I was told that these times of "ecstasy" or "judgment" will not involve a reprocessing of cellular structure. We are not to understand that the bones of the dead will once again come together with former flesh-forms. What will actually occur, I was informed, is a time when all matter will be elevated in energy. It is a time in which all of the life experiences of *like* vibration which have been led by each Soul will be remembered and made known to the spirit that is governing the particular physical body in which the Soul is presently expressing itself on the "day" in which all matter is elevated.

After I had witnessed the explanation of the End-Times, I was told more of angelic interactions with human beings. I was shown that the Soul is continuously attempting to contact, to interact with the facets of itself which are chaotic and destructive, but complete communication is blocked by the facet's vibrations, his lack of awareness and belief. For those facets who believe in nothing outside of themselves—not in spirits, angels, or God—there is a self-containment of their energy. The angelic Souls are not able to establish contact with their facets which are destructive in nature, for they are of a different vibrational frequency.

The only course of action which the Souls can take is to interact mentally with those facets whose minds are open and whose vibrations are of a similar order. They

have no choice other than to interact with those facets whose frequencies *permit* the reception of the light of awareness and full knowledge of existence and the purpose of creation, the Plan of the Source, and hope that those they contact enlighten the awareness of others. Souls are also called Angels for their appearance is as one might imagine an Angel to be.

Once the angelic Soul establishes contact with those of similar vibration, those facets who receive the light of awareness do, in turn, seek to share that light with all facets with whom they can. Through the creative arts and sciences, the enlightened facets seek to raise the awareness of the masses by teaching them of ways in which they might more constructively interact with others. Through love, wisdom, and knowledge, they share the Divine Plan of God.

And again I saw that, upon their death, those facets who vibrate with the most harmonious of energies rise to become as one with their Soul and other angelic beings, ultimately enjoining with God. In the end the Source is magnified, glorified, increased in greatness and in complexity, and thus permitted to experience life in a myriad of forms and dimensions in the realm of matter, thereby gaining new energies from all of existence.

* * *

CHAPTER NINE

Life and Its Beginning

After I had received the vision-teaching regarding the reason for our existence, I decided that the next day I must attempt to return to the realm of visions so that I might understand more completely the creation of all living things. Somehow, it seemed, I had been able to understand only a part of the total picture.

After I had made certain that I would not be disturbed, I once again closed the thick drapes to shut out the strong light of the afternoon sun. This time I chose another technique through which vision teachings might be received.

I slowed my respiration rate and took comfortably deep breaths while I pictured myself walking through a beautiful forest. As I visualized this scene, I imagined that I was following a golden light that moved far ahead of me. I saw myself treading a path lined with thick foliage and trees of every size and many varieties. Shafts of sunlight filtered through the branches high overhead, and the look of all was serenely beautiful.

I pictured myself continuing to walk for several minutes, following always the golden light far ahead. As I carried out the process, the images around me became crisp, colorful, and clean in appearance.

The golden light caused me to climb a small hill and to rest upon its apex. As I looked into the warm glow of the light, I could see within a gleaming chalice, its contents filled to the brim with a golden nectar. I knew that this chalice contained the liquid of unconditional love and that I was to drink of it so that I might be aided on my quest.

I held the lovely cup in my hands and slowly drank from it. The sweet taste of the nectar was soothing and refreshing. As the golden liquid coursed through my body, I became filled with the purest love known to humans.

The golden light that surrounded the now empty chalice enveloped me completely, and I could feel myself begin to rise from the top of the small hill on which I stood and begin to ascend to the heavens.

The sensation was exhilarating, and as I glanced down I could see the Earth grow smaller beneath my ascending form. As the day before, I could again feel the pleasurable tingle of energies washing over my being as I traveled through varying degrees of colorful vibrations in order to reach my destination. I continued to rise until I reached the realm that I knew to be like unto Heaven, where unconditional love abides and teaching visions are received. Here, I centered my thoughts on the purpose of my quest so that I might further my awareness regarding the purpose of our nativity. I desired to know the Beginning of All of Creation, so that I might understand more and share the knowledge with all who would take heed of my experience.

I imaged all that had ever been created and saw all things returning to the origin that had brought about such multiple births. In this way, I could more easily envision the very process of the unfoldment of the act of creation.

As I again stood suspended in what appeared to be outer space, stars and planets gleamed beyond my reach. Then, suddenly, there appeared before me a massive body of shiny water, and it was given to me

mentally that this placid sea represented God before all things had come into being. As I looked out over the shill, calm water reflecting the blackness of the heavens, I knew within that peace reigned supreme.

Then it was as if the energy of the Source contracted within the center of itself in the manner of the dropping of a mighty rock into its center. A glow remained in the very center of this sea and a circular wave was caused to be sent forth around it, as a concentric circle. This, a voice said, represented the *First* of all creation. I recognized the act and remembered the previous vision that I had received. I knew that the wave symbolized the first polarized energy of positive and negative principles that had issued from the Source, that of the Divine Plan, the Christ Vibration, and it was created in the image of God.

Other waves began to be sent forth from the glowing center of the great pool of water, from that circle. And they divided from themselves and began extending into all of space.

As the waves extended and touched upon what now appeared to be a shore, I knew within that matter had come to exist. A thought explained that the energy of God had now become manifested, and all would be polarized, according to the ways of matter. I was caused to know within that matter and antimatter had come to be and matter became divided as organic and inorganic. The celestial bodies and all of space now existed as well.

A great period of time passed before my eyes, and I was told that I would see life evolutionize throughout all the planets. As I watched, I saw life multiply and raise in vibrations, becoming even more complex than before.

Then the most complex form of all was caused to exist, and I knew that human life had come to be. It, too, was polarized, positive and negative in nature, and made in the image of God. Thus females and males were created, and it was told me that matter had now evolutionized to its planned apex, and the spirit of God rested within all living things.

Each polarity is dependent on the other for its very existence, for without such a balance of polarities, the species would come to an end.

Humans are the physical expression of God, as the angelic Souls are the spiritual expression of God. All are polarized, made in the image of God, being positive and negative in nature. Souls, as well as humans, have the godlike capacity to create from their interactions with one another and with all around them. All can cause new energies to exist. Humans, existing in the realm of matter, can cause new energies to exist that are either spiritual or physical. Their interactions with organic or inorganic matter bring about spiritual energies that affect their being on every level. Their fleshly interactions with matter bring about physical energies, their children, who are made in the image of God, being polarized and capable of creating new energies.

Humans have been given free will in the realm of matter. To exist in the realm of matter, all things must be polarized, for all is a reflection of God (God being polarized with God the Mother, God the Father). Even the first of God's creation, that of the Divine Plan, the "child" of God, is polarized and is capable also of creating energies. It was this Plan of God that caused all life to exist according to the pattern of it, being patterned after the thought and the will of God.

Through our interaction of a most harmonious sort, energies of the highest order will come to be. These energies exist as a result of our harmonious interactions, those which have permitted us to experience love, wisdom, and knowledge.

Through our attunement with the angelic beings, and in attunement with the Divine Plan, all things will be taught. We will learn and come to know the ways of creating harmonious energies, so that we might further the height and the purpose of all creation. All patterned energies of the highest order that we cause to exist by our interactions will be gathered to us again. In like manner, all energies God caused to exist by its harmonious interactions will be gathered to it once again.

Upon our return to God, we will bring with us all those patterned energies which we created and gathered to our being, so that God might expand, increase in complexities, and experience life through us. All will be for the glory of God, from which we will also benefit.

Then, in my Teaching Vision, circles of water that had been washed upon the shores of matter began to return to the center where their creation had begun. As each circle of water returned to the area of its birth, the center glowed brighter than before. Soon all the waves of energy had returned to the area of their birth and the brightness of the glowing center encompassed my vision. Then the entire body of water began to return to its center, being gathered to its Source where its creation had begun. I knew then that the water represented the Divine Plan, the Christ Vibration; and the waves were the pattern of that energy, being patterned after the thought of God. The glow that now emanated from the center was so bright that it was almost blinding. I knew that the Source had been glorified, having experienced the harmonious patterned energies of life from every form and dimension, through all that had been caused to exist in the Plan. Thus the purpose, the culmination of all creation had been completed.

Then all the feeling of the vision was gone. I felt as though I had been out of my body for almost an hour or more—but less than twenty earthly minutes had passed. I had received the answers to all my queries, and I had felt the rush of them throughout my being. I knew, also, that I must now share this Universal Teaching with all who would receive it, that they might see and come to know more of life and its purpose, and of God.

* * *

The Divine Plan Anthropomorphasized

CHAPTER TEN

All Is Energy– The Divine Plan

Within the vibrational frequencies of the Creator there exist the most harmonious energies of the finest sort. A portion of those particles which vibrate within the Creator are polarized, being positive and negative in nature and of equal value.

In the spiritual realm, positive and negative become manifest as the Soul, having positive and negative—creative and guiding—principles.

In the world of matter, positive and negative principles become manifest in lifeforms as female and male. Within the psyches of the human animal, the *image* of God continues to be reflected. Our creative, subconscious mind is our positive-feminine principle and our guiding, conscious mind is our negative-masculine principle. Together these two principles form the working of our total psyche and are capable of creating energy, just as the positive and negative aspects of God.

The Creator desired to expand, increase in complexities, and experience life in a myriad of forms and dimensions. This desire to create, this thought, came from the feminine aspect of God, and it was guided into forming the pattern thereof, which is known as the Divine Plan. When the masculine-guiding principle

received the thought, it interacted with the feminine-creative principle, and the *energy* of the thought came to be and the first act of creation was formed, being patterned after the thought.

Thereby, the first of all creation was a reflection of those principles that had caused the energy of it to exist. This energy created was the "child" of those two principles, that of the Divine Plan.

The Divine Plan, the *Christ Vibration*, was patterned after the thought of the Creator. Within the constructs of this energy there existed the positive-creative aspect and the negative-guiding aspect, and these did interact with one another and create, and cause other systems of energy to exist, according to the pattern of the Plan.

The positive-creative principle creates the patterns of the thoughts in accordance with the Divine Plan, as well as being the one that "channels" the *creative* energies of God, which manifest as spiritual gifts from the Holy Ghost. It is this principle that also creates and forms the thoughts of all Universal Teachings that teach of the entire Plan of God. The spiritual gifts that it "channels" from the creative aspect of God (the Holy Ghost) are those that will *reflect* God, making the Creator known to the world. The negative-guiding principle of the Divine Plan *receives*, and thereby embraces, each and all of those creations, those channelings, and the energy of them is brought into being and is guided into the life of those that will receive those gifts of the spirit. The negative-guiding principle is our Master Teacher, for it is he that guides those gifts, the awareness of God into our lives.

The Divine Plan, both the positive and the negative principles of it, thus extended itself slowly down, lowering its vibrations, until it would one day come to rest in the realm of matter. All life that was caused to exist, by the *pattern* of that energy, was created in the image of God, having positive and negative principles within, thus capable also of creating energy.

The first creations it aided in existing, in fulfillment of its pattern, were those of advanced systems and

energies (the Souls perceived by us as Angels), and these, too, were made in the image of God, being positive-creative and negative-guiding within each of them. These performed in the same manner, creating and guiding energies into being, in further fulfillment of the Plan.

Lesser energy systems, as well, were caused to exist in the realm of matter, that of lower vibrations, and thus all life was caused to be in fulfillment of God's Plan. The apex of life, being that of humans, was made in the image of God, being positive and negative within their psyche and capable of producing energy and being positive-negative or negative-positive physically (female and male) and also capable of producing energy in the embodiment of matter and spirit. Those who live according to the Divine Plan, regardless of religious affiliation, are the *Christ children*. Those who do not live in accordance with the Divine Plan are Children of the Anti-Christ, since they are against the Christ Vibration, the thought-pattern of God. Jesus was an emissary of the Christ Vibration and was, therefore, a child of God, the son of God, an expression of the third sign of the Trinity of Father, Mother, and Child.

As Children of the Christ Vibration, we are to create harmonious energies—both physically and spiritually, our physical children and our creative acts—as we interact with all of matter, both organic and inorganic. We are to cause patterned-energies to exist that will be in accordance with the Divine Plan, and we are to gather such energies to us so that upon our return to God we may bear gifts of the highest order. If our gifts vibrate with love, wisdom, and knowledge, then God will fulfill its desire to increase in complexity, to expand its energy, and to experience life in a myriad of forms and dimensions, thus accomplishing the Divine Plan.

We have been thus created and caused to exist, that we might interact with matter as our part in the Divine Plan.

By our interactions we cause new energies to exist that are patterned after the experience. All energies we

caused to exist that are not embodied by flesh are polarized in that they are either harmonious-orderly or they are discordant-disorderly in their vibratory frequency. All energies are gathered into the vibrational frequency of those that caused them to exist, as well as those with whom the creator of them interacted that *consciously* received them.

When a harmonious energy is gathered into our vibrational frequency, it increases the vibration and adds to the harmony therein, affecting our being on every level—spiritually, mentally, and physically. When a discordant energy is gathered into our vibrational frequency, it distorts and lessens the vibrations and the harmony therein, affecting our being spiritually, mentally, and physically. Therefore, the purpose of human existence, within the Divine Plan, is to also create in the realm of matter. All that exists is either positive or negative in nature in this polarized world. The feminine principle is positive, and the masculine principle is negative, but both are of equal value. When we interact with matter, be it organic or inorganic, we cause new energies to exist. These energies are patterned by the very experience that caused them to come into being.

Our interactions are as a result of our thoughts, and the nature of our interactions with matter is dependent on the quality of our thoughts. If our thoughts are harmonious with the Divine Plan, being constructive, and balanced in their nature, our interaction with matter will be likewise. If our thoughts are discordant, destructive, and imbalanced in their nature, our interaction with matter will be as our thoughts.

The nature of our thoughts are responsible for those energies we create. As nearly as can be explained, all that is governed by the laws of polarity—matter/antimatter; celestial bodies/space; positive/negative; feminine/masculine—are electromagnetically plus and/or minus in nature, harmonious, in frequency with the Divine Plan or discordant, chaotic, with the Divine Plan. Those energies which we cause to exist with our polarized interaction (be it mentally or with all of mat-

ter, organic or inorganic) are patterned by the very experience that caused them to be. The patterned energies we create become a part of our electromagnetic field—the vibrational frequency of our spirit and our body. These energies serve to raise and harmonize our frequency or to lower and distort it. These energies affect our being on every level—mentally, physically, and spiritually—for all is holistic.

Within your physical shell exists the *spiritual* you. Outside of your physical shell there exists your force-field, the aura of your vibrational frequency. It is the spirit within which vibrates with the most harmonious of vibrations, caused by a constructive, loving interaction with matter, or which vibrates with discordant, destructive vibrations that come from chaotic, hateful interactions.

When we gather discordant, chaotic, distorted energies into our being, we cause our energies to be lessened, diffused, scattered in their frequency. Every level of our being is affected, and our spirit vibrates with the lowest and most chaotic of vibrational energies. When we gather energies of a harmonious, balanced sort, we cause the energies of our entire being to become focused, harmonious, and of the highest order.

We are held vibrationally accountable for our thoughts and our actions, and the judgment thereof is one of self-judgment, for we gather to us those very energies we cause to exist. Our purpose in being is to create patterned energies of the highest most harmonious sort, so that upon our return to our God, the Source, we will carry with us our own unique vibration and those newly formed patterned energies we caused to exist. In this way, we assist God to expand, to increase in complexities, and thereby to experience life in a myriad of forms and dimensions.

Our reward for performing in accordance with the Divine Plan is that upon the death of our flesh, our spirit within will elevate to a realm of the most harmonious of orders. Existing in this heavenly realm will be all those angelic beings, and those elevated spirits

with the patterned energies of their experiences, those of love, wisdom and knowledge had from their interactions. All spiritual beings will continue to exist in this fleshly realm until all matter transmutes to pure energy in its return to the Source from whence it came. Upon the conversion of all matter, those beings in the spiritual heaven will thereby continue to ascend, ever evolving, to a finer energy and enjoin with their Creator, bringing with them all the newly formed patterned energies which they caused to exist and did gather.

It was not the Plan of the Source that we would interact destructively and discordantly with our mind and with matter, thereby creating energies that were chaotic in nature and of the lowest order.

Upon the death of those people who cause imbalanced energies to come into being and gather them into their own frequency, their chaotic spiritual vibrations will not ascend and interblend with those of the harmonious vibrational energies, but they will descend. Thus these people, those spiritual beings, will be in a lower realm outside of the realm of heaven. They have caused another spiritual realm of the lowest order to come into being. They are the creators of Hell, and their master is Chaos. Destruction governed their lives and Chaos ruled their way of going, until they no longer were children of God.

Be it understood: The judgment of the spirit is one of *self-judgment*. It is *we* who decide our fate. We are the ones who cause and permit our spirits within either to rise to the heights of the harmonious realm of highest vibrations, called Heaven, or to sink to the lowest, chaotic vibrational realm, called Hell. The choice is ours. It is our decision whether we choose to create and to gather into our being patterned energies of the most harmonious, highest order; or whether we choose to create and to gather into our being those energies of the most discordant, lowest chaotic order. The energies we cause to exist are the fruits of our labors, and it will be by our fruits which we will be judged. We must,

therefore, seek only the fruits of our thoughts and our experiences which are in accordance with the Divine Plan of God. Through our experiences we will bring with us the fruits of our labors and present them as our gifts to God, for the glory of God.

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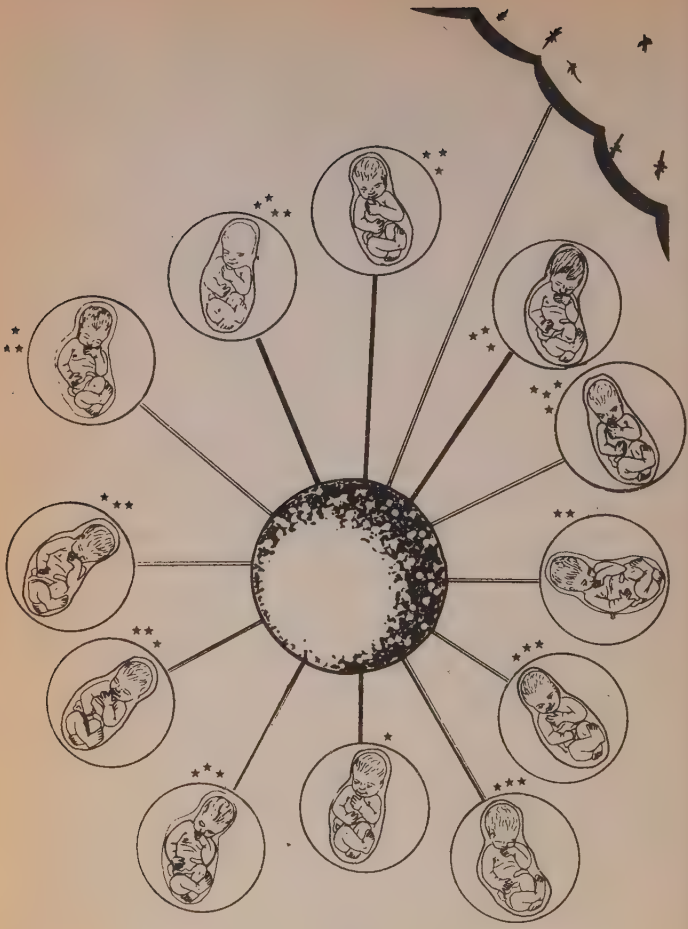


The Soul and Its Many Facets

CHAPTER ELEVEN

Your Soul and Its Many Lifetimes

This is the vision that was given to me regarding that of the Higher Self, the Soul, and its incarnations into the realm of matter.

I was taken from my physical body to a realm far out in space where it seemed as though I hung suspended. A living panorama was brought before me, a moving diagram, which provided me with many levels of awareness. Instantly, there existed within me a "knowing" of that which was shown to me.

My attention was directed toward an area in the upper righthand region, and I was told that it was a realm beyond time and space which was occupied by the Source, and the spiritual essence of the Christ Vibration. A golden cord extended down from that region to the Higher Self, the Soul, which was represented by a large, glowing sphere. I was told that the golden cord was the umbilical cord, the lifeline, that connects our Higher Self, our Soul with the energy of God. That we have an eternal *spirit*, the real us, within our fleshly being, as well as a Higher Self, our *Soul*, of which we are but a facet.

Extending from the Soul were many silver cords, which formed starlike rays in every direction. They, too,

were "umbilical cords" and at the end of each of them there was a small, crystal-like sphere. Each sphere contained a lifeform and its spirit. There were approximately twelve spheres which were shown to me, and I was told that each represented a lifetime of the Soul's that was led in the realm of physical matter.

As I watched the living diagram of illustration, an embryo formed within each of the spheres. I beheld all in rapid sequence, but I was told that the dimension of *time* divided each of the births. In each instance, I watched the spirit of the child enter the fleshforms within the spheres and then saw the infant being born. In each sphere, I beheld the children maturing to various ages and observed them interacting with matter.

Whenever the interactions were harmonious with the Divine Plan of God, being of the Highest Order, sparkling lights were caused to exist within the spirit of the lifeform, located in the sphere. Whenever a lifeform grew in awareness, its spirit within increased in vibrations and the light of it shone forth brightly. The Soul also glowed in a similar manner. I knew then that the harmonious life experiences increased the sparkling lights within the spirit and that those high vibrations were harmonious with the Soul.

When physical death came upon a lifeform that lived in harmony with the Divine Plan, I could see that the spirit within was vibrating and glowing with vibrations of the Highest Order. The spirit became easily and quickly incorporated into the high vibrations of the Soul, for they were both of a similar, vibratory nature.

Whenever the interactions were discordant with the Divine Plan of God, being of the lowest, most chaotic order, dark, distorted energies were caused to exist within the spirit of the lifeform, located in the sphere. Whenever a lifeform lowered its awareness, the spirit within decreased in its vibrations and became dark, the light of it growing very dim. The distorted, chaotic vibrations of the lifeform caused it to be unable to receive contact from its Soul. None of these energies were ever transmitted to the Higher Self, the Soul, and

the separation between the two continued to increase. When age, illness, or accident ceased, the living of that lifeform, the spirit within, being filled with darkness and vibrating at a very low, chaotic level, was unable to become incorporated into the harmonious vibrations of its Higher Self, the Soul. Instead, the spirit was forced to enter a realm which contained other spirits of a similar discordant, chaotic vibration.

When the entire model of the Soul and all of its spheres of lifeforms were then shown to me, I understood the meaning of why some of the crystal-like globes were bright while others were dark. All the spheres which were illuminated contained lifeforms whose spirits within lived in harmony with God's Plan. Those which were dark contained lifeforms whose spirits within were discordant, being opposed to the Divine Plan.

I was told again that the positive-feminine principle of the Soul, acted creatively with each faceted lifeform, forming and creating those personal awarenesses that were embraced by the negative-masculine principle of the Soul. The patterned energy that was caused to exist by the Soul's internal interaction was guided into the life of each facet that would receive it. All Souls continue in this fashion, creating and channeling personal awarenesses to all facets that receive their guidance, until all are elevated into the realm of highest Vibrations, with the ultimate reward of ascending with the Soul to the realm of God.

All Souls will return to God, as will all spirits which are harmonious in nature return to the Source. The judgment spoken of by certain religionists is actually a self-judgment, for how the lifeforms have interacted with matter, they shall reap in equal measure with that which they have sown. Those who have lived in accordance with the Divine Plan will join with their Soul and return to God. Those who have lived in opposition to the Plan will join other chaotic spirits in a realm which vibrates on a low, discordant level.

Of those spirits in the realm of chaos, the place which

some call Hell, I was not shown further. I have prayed for such entities many times, but then I close the psychic door within my mind so that I will not inadvertently permit them to make contact with me. Perhaps, one day, the Source will devise a plan to aid in the release of those spirits of a low vibration from the entrapment of the realm of their own creation, unless together they continue to lower their vibrations until they cease to exist.

KARMA

The Divine Justice

Press the seed of a flower into the ground,
and lo it shall bloom as time turns around.

Give your friend of your time when his journey is long,
and he will anoint thy days with a song.

Show thy babe all your love and when it does grow,
most marvelous wonders shall your child sow.

Think not that your God with his heavenly Plan,
has devised equal justice for woman and man?

That which you do, be it evil or good,
shall return unto you, as truly it should.

—Francie

* * *

CHAPTER TWELVE

The Divine Justice of Karma– Reaping What You've Sown

Mentally and spiritually, we are all systems of energy created in the image of God. We, too, are positive and negative in nature, and we have the ability to create other energies.

Within our fleshly shells are spirits, facets of our Souls, which are an external part of God. Our Souls are also made in the image of God. They are positive and negative in nature, and they have aided in the creation of our spirits in fulfillment of the Divine Plan.

Our physical bodies are also created in the image of God in that they, too, are both positive and negative in nature. Within the flesh-form of a male there exists predominantly the negative principle, with a minor *positive* principle. Within the flesh form of a female there exists predominantly the *positive* principle, with a minor *negative* principle.

When male and female interact physically, they may produce a physical energy that will be encased in a fleshly form and which will be patterned after the act of flesh through its genes, and patterned after the Divine Plan of God through its positive and negative, spiritual and physical natures.

When either male or female interacts with matter, be

it organic or inorganic, they cause a spiritual energy to come into being that is patterned by the experience and the creator of it. This patterned energy is either harmonious or discordant, and when it is gathered into their electromagnetic frequency, they are affected by its nature, either becoming elevated with higher vibrations or lowered with chaotic vibrations.

Our purpose for existing is to create new spiritual and physical energies which are patterned from our interactions, from our experiences. Upon the loss of our fleshly shells our spirits within will either rise and become automatically incorporated into the realm of the highest vibrations or they will lower to become a part of the discordant, chaotic vibrations.

If we live in accordance with the Divine Plan of God, that of the Christ Vibration, then, upon our ultimate return to the Creator, we bring with us those patterned energies which we created and gathered into our being. This process, as we have learned throughout this book, enables the Source to expand in complexities and to experience life in a myriad of forms and dimensions. And, as we have stressed repeatedly in these pages, the Spirit cannot rise to God if the energies contained within it are low, being chaotic and discordant. We must continually strive to produce newly formed patterned energies which are harmonious with the Divine Plan, being only of the highest vibrations.

It is vital that we understand the Divine Plan, the Christ Vibration, before we attempt to comprehend Karma, the Divine Justice—reaping what one has sown. Karma is Just, for in its balanced system, we receive that which we have done and that which we have caused to be. If we create balanced, harmonious energies of the highest order, we reap balanced and harmonious energies of the highest order and these energies we gather affect our total being harmoniously, balancing it, elevating it mentally, physically and spiritually.

Nearly all of the world's great spiritual teachers, prophets, and religious leaders spoke of Karma, for they taught of Divine Justice, the law of cause and ef-

fect. Those of us in the Western hemisphere are more familiar with the teachings of Jesus, and perhaps you may recall his speaking of reaping what one sows. Or you may remember, "And they that take the sword shall perish with the sword . . . What you do not want done to yourself, do not do unto others."

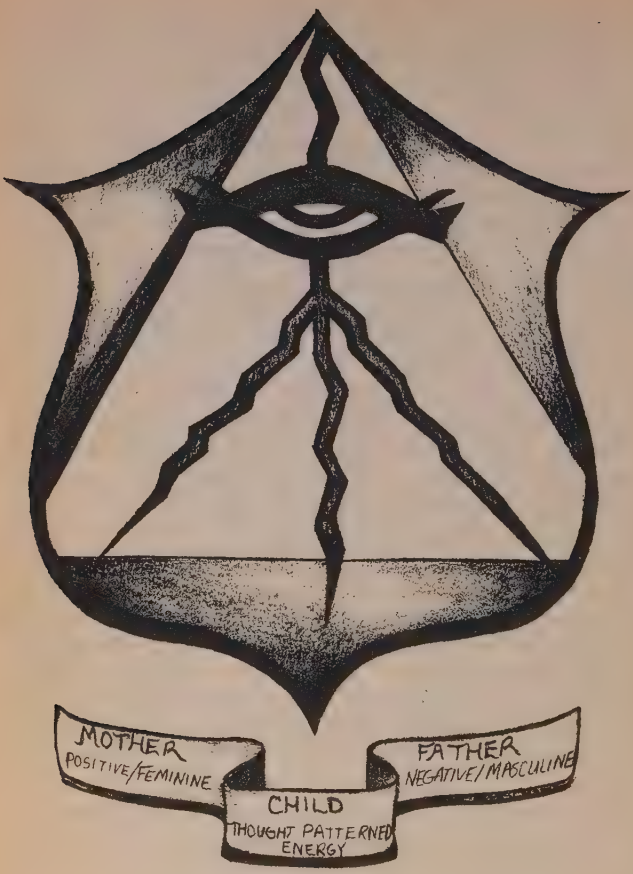
Certain religious teachers have sadly believed that precisely whatever you do on Earth that is wrong will only be done to you in Hell. Others have thought that the sins you have committed in one lifetime will be dealt out to you in another, new life experience. For example, if you strangled someone in one lifetime, that victim or another individual, will have his chance to strangle you in the next, though you would most likely have no idea why you met such a fate. Logically, of course, this would create a cycle that would have to be perpetuated with your getting even with him in the next go around. And even if it were not the exact victim getting his revenge on a perpetrator of injustice, this interpretation of Karma would always require one who executes the just punishment deserved, and he would then become the "receiver" of it in the next life. There would be no end to this form of justice. This was a misinterpretation of an eye for an eye and a tooth for a tooth syndrome. The justice we reap for those energies we create is immediate; we will either elevate or lower our vibrations on every level of our being, mentally, physically and spiritually.

That which I have received through my channeling of the angelic teachings has told me that those who oppose the Divine Plan of God are those who will reap chaos in equal measure to that which they have sown. And they will reap what they have sown in the *now!* They will be affected by their chaos as soon as it has been created and gathered into their electromagnetic vibrational field. And the effect that they have engendered will be felt on every level of their being, lowering and bringing havoc to the frequencies of mind, body, and spirit.

Be advised, therefore, that through our lack of awareness, through our denials of the truths of God's

Plan, through our discordant interactions, we, ourselves, can be affected by our trespasses against others. We can be disharmoniously affected by our created and gathered energies. When we oppose the Divine Plan, the Christ Vibration, we chaotically affect our total self. Mentally, our "sins" will bring about emotional imbalances, neuroses, attacks of anxiety, and great stress. Physically, our systems receive those chaotic energies, and our body become weakened or imbalanced in various ways, and we become susceptible to various illnesses or diseases. Spiritually, our vibrations are made chaotic, distorted and the energies of our spirit, lower. We therefore make ourselves more susceptible to seduction by those entities of the lowest realm. When this occurs, we also run the risk that upon the death of our physical shells, our low-vibrating spirits within will most certainly blend and join those of likened, distorted energies, in the place commonly known as Hell.

Depending upon your awareness and your understandings, you have the ability to reverse so many discordant conditions in your life experience. You have the ability to create and gather harmonious energies of the highest order. Through contact with the Realm of Highest Vibrations, through interacting with your angelic beings, by reflecting your Soul in your daily life, and by living in accordance with the Divine Plan of God, you can control all that can affect your spirit and your mind, and that will result in the affectation of your body.



The Divine Plan Archetypally

CHAPTER THIRTEEN

The Trinity Within

To most people, the Trinity of God is understood to mean God the Father, God the Son, and God the Holy Ghost—three aspects of the Creator that are supposedly equal and each part of which is the Godhead. I believe that there is an imbalance in such a definition of the Trinity.

As it was told to me, the Trinity that is God consists of the Father, Mother, and Child principles, for the Trinity is to represent the creative principle (feminine), the guiding principle (masculine), and the energy created by the two, the Divine Plan, the Christ Vibration (the Child). The Church has been responsible for perpetrating the misconception that all three aspects of God are masculine. This incorrect emphasis and imbalanced perception was no doubt caused by a patriarchal society which regarded women as a lower creation, less valued by the Creator, and also believed that woman came from *man*.

Remember, so many of our religious attitudes were formulated at the time when only *sons* inherited the birthright of power over all other members of the family. This was a society in which only the *men* were allowed in the church proper, when only the *men* could

hear and speak of the holy writings. When the Christian church compiled its own Bible, they added the so-called New Testament on to the so-called Old Testament, and perpetuated a good many of the same prejudices against women.

The Essenes, a pre-Christian mystical sect, were aware of the femininity of the Holy Spirit, which embodies the creative energy, the active presence of God in human awareness. Such knowledge, however, was later disguised or lost.

It is very sad that the correct image of God has been altered, disguised, lied about, and eventually lost to most humans, for a great imbalance has resulted from such actions—an imbalance that is reflected in the lives of too many men and women today. And, tragically, it seems that such a false image of the Creator was established only so that control over others might be accomplished by men who desired such power.

We must recognize the feminine principle of God so that balance may be restored to the works that God has caused to exist. We are reflections of the Creator in the world of matter, and all of life comes through the blending of the masculine and the feminine principles.

To understand more clearly how energy is formed, visualize the batteries in a flashlight, where the positive (feminine) and the negative (masculine) ends must touch to create light. Neither the positive nor the negative is greater or lesser than the other. Both are necessary to create the energy of light.

So it is with the masculine (Father) and the feminine (Mother) principles in God, for these two energies conjoin to create the patterned energy of the Divine Plan which in turn brought forth all of creation, the angelic beings and the embodiment in flesh of the children of the Creator. We are all children of God, for we exist as a result of the fusion of energies from the Creator-frequency. We can create in the manner that God creates, for we have been made in God's image. When we permit the feminine and the masculine principles of our minds to interact, we, too, create new energies, as

our thoughts become our actions and become manifest in the world of matter around us.

Our own created energies are reflected in our physical self, in our deeds, and in our actual physical children. Our actions, harmoniously performed, create new energies which are patterned after the very act that caused their existence; and all of our patterned energies are gathered into our electromagnetic being so that we might bring them with us as we evolve back to the Creator.

As we enter the end of the Piscean Age and the beginning of the Aquarian New Age, the feminine personality will fully begin to emerge, for the balance must be. The feminine vibration will demand recognition of its rightful place in the energy of God. The feminine principle must be restored so that true balance may be restored to the families of Earth. All energies have begun their return to God, the masculine being the first recognized by us (the conscious), and the feminine the second (the subconscious). For the energy first went out from God from the feminine first, to the masculine second, and in its return the reverse would be true, for the completion.

For centuries, the rabbis, the priests, the ministers, have steadfastly perpetuated the imbalance of masculine principle over feminine principle, and it will be charged to them to redirect the energies of the people whom they have misled. Such an undertaking on the part of organized religion must begin to be seen by the end of this century if such priesthoods are to survive as relevant shepherds to the families of Earth, for all men and women of spirit must begin to reflect the true Trinity that is God.

In the Christmas pageant we witness the portrayal of the Mother, Father, Child in a direct application of the energies of the Creator. Why is such an important truth given only a brief presentation and only during the Christmas season?

When an Angel came to Mary and spoke of the coming Holy Child, he said, the Holy Ghost would come upon her and she would be with child. We see in

this the *creative* aspect of the feminine principle of God, the Holy Ghost, working through the *guiding* masculine principle, that of the Angelic being, and interblending to bring forth the child from God's eternal energy. The Master Teacher Jesus did *not* produce himself. It is clearly written that the Holy Ghost descended upon Mary, thereby making her great with child and she was told the child would come from God's energy. Jesus resulted from the creation of the feminine principle of God interacting with the masculine principle through the Divine Plan. He was the fleshly embodiment of God in the realm of matter. In like manner, our own children are only ours in *flesh*; they are truly the children of *God* in spirit.

Again referring to the Christmas story, there were three wisemen who came to give their gifts to the child, Jesus, the fleshly embodiment of God. We, likewise, are to give our spiritual gifts (which we receive from the Holy Ghost) to all who will *receive* them, who hunger and thirst for them, who open their hearts to them—for all men and women are the fleshly embodiments of *God*, as well. We are *all* the Creator's children.

The gifts which the Holy Spirit presents to us are mentioned in I Corinthians, Chapter 12, where scripture discusses the various differences of administration which issued from the very same God. The manifestation of the Holy Ghost of God is offered to every human so that he or she might profit spiritually. Some are given the words of *wisdom*, another the workings of *knowledge*, still others, *faith*. Some are presented the gift of *healing*; to others, the *working of miracles*; to still others, the gift of *prophecy* or the *casting out of evil spirits.* Certain men and women receive the ability to *speak and to understand the language of the Angels*.

All such gifts are divided amongst humankind, freely given to all who will consciously *receive* them. Remember, Jesus said that he would leave for us his *Comforter*, the Holy Ghost, who would remain with us until his return, or until that which exists in Heaven shall also exist on Earth. Therefore, it has been written, the

creative-feminine aspect of God the *Mothering* element shall comfort us and remain with us, assisting us with the manifestations of God, had through our receiving the gifts of the spirit until the end of the world.

When the Holy Ghost descended upon the apostles at Pentecost, they became channelers of the creative energy of God, teachers of the Divine Plan, and they received their gifts from the Holy Ghost. The understandings and teachings which they were able to reveal could be understood by all who would receive them.

The many spiritual gifts which were given to the apostles will be given to us as well. We, too, may receive such blessings from the Holy Ghost, the feminine-creative principle of God. But whichever gift we receive—be it prophecy, healing, wisdom, or communicating with the Angels—must be used to affect the lives of others beneficially and harmoniously. We must share these gifts to elevate the understandings, the consciousness, of those who will receive them, so that they might thereby utilize their *own* energies to continue on their path, to fulfill their purpose in being.

Be it not for the Holy Ghost, this planet would be a literal Hell. Think of the imbalance that exists here. Think of the evil that comes from those who remain unaware, who deny the spirit of God to become manifest in their lives. Those men and women who refuse to give their energies to God are the Children of Chaos, the Children of Hatred, the *Children of Hell.* The disharmonious energies of imbalance and injustice create the principle of the Anti-Christ in the world.

You must come to recognize the Trinity of God in your life. You must come to see how the Trinity reflects through you. You, too, have within your psyche the Father-Mother-Child aspect of God. Your thoughts come from your feminine principle of your psyche, your subconscious mind; your words issue from the masculine principle of your psyche, your conscious mind, which guides the *thought* of the feminine principle into being; and your deeds, the expression of your

patterned energy made manifest in your action in matter, flows from the child principle, your fleshly body.

For centuries now, the prophets of many religions have been telling us rightfully that we are made in the image of God, but wrongfully that such an image is exclusively male. The most familiar religious myths state that man was the first to be created by God, and that woman came from the body of the male as an *afterthought* and as a *helpmate*. On the other hand, primitive cultures often portrayed God as a female, since they were well aware that all humans entered the material world through the portal of *woman*. Still others have emphasized the child aspect of religion by focusing on the sonship of God, which they claim as an exclusive province of the Master Jesus.

God, as we have seen, is all *three* aspects of the Trinity. God is the Mother-Father Creator interacting to produce a "child," the energy of such a union, the Divine Plan. Translated into concepts of our realm of matter, the Mother-Father principles blend to produce energy which came to also be embodied into matter. We therefore are each the child of God, for we are all a fleshly embodiment of the energy of God as it became manifest in the realm of matter, through the Divine Plan.

Through our conscious acceptance of God into our lives, we may come to know our Total Self. We, too, can become as God, and be as gods, creating energy spiritual and physical, and causing it to manifest outside of our being. We can accomplish this by transmuting our harmonious thoughts into harmonious actions, thereby creating newly formed energies which will be patterned after the thought that caused them to come into being. Once we have formed these new spiritual energies, we gather them into our beings and these affect our total self. In this way we are as gods. For God will one day gather unto its being all those spiritual energies which it has caused to exist, as well as all the newly patterned spiritual energies which have been

created through harmonious experiences. It is in such a manner that God will be glorified through our works.

Remember, through our thoughts and our deeds, we, too, can create, for we inherited this ability from the Creator. The creative-feminine-positive principle and the guiding-masculine-negative principle within us are of *equal* value, and when they work together they cause a new energy to come into being which is patterned by the thought that is to be projected. The new energy triggers our body into acting upon the patterned thought and permitting it to become manifest in the physical realm.

All things in the physical realm are polarized. If our interaction with organic or inorganic matter is one of harmony, the newly formed energy will be harmonious in vibration and will be patterned after the experience of the blending. If the interaction is one of discordance, the newly formed energy will be chaotic in vibration. Either kind of energy will affect both the creator and the conscious *receiver* on every level of their being.

When male and female interact in flesh to produce children, the physical patterns of their genetic codings will cause the progeny to be patterned after the energy of their union. The same is true within the psyche.

Before all else, there exists the thought, which is created by the feminine-positive aspect of the subconscious mind. Next, that thought was embraced by the masculine-negative-guiding aspect of the conscious mind, and an energy was brought into being and was guided into manifesting outside of the body in a physical expression.

Our actions are the fruits of our mental/physical labors, just as our children are the fruits of our material/fleshly labors. When two principles, positive and negative, interact, a new energy is caused to be born. This new energy may or may not be housed in matter, but it will exist nonetheless.

Since we are made in the image of God, it was the same when the Mother (feminine-positive-creative) principle of God originated the thought of all creation and

the Father (masculine-negative-guide) principle embraced the thought and this interaction brought about the newly patterned energy, the *child* of them, the Divine Plan. And this did manifest itself outside of the body and realm of God, and it carried out the pattern of itself according to the dictates of the thought. God's energy was thus caused to go forth into the spiritual and the physical realm, and came to rest in the realm of matter, that of organic and inorganic. This was the first of all creation, and all was created by the thought. All energies which were caused to exist were in the image of God, polarized with the negative-masculine principle and the positive-feminine principle, and were thus capable of creating and procreating.

Hold fast always to the truth that we are all a reflection of our Creator. The Mother-feminine aspect and the Father-masculine aspect produced the child energy, the Christ Vibration, which extended itself down into the realm of matter. We are a reflection of God, the interaction of the feminine and the masculine properties of our psyche produces the energy which will manifest through our body, in our deeds. Remember however, that the energy that we cause to exist will affect our body whether it is acted upon or repressed within, for the energy we create must travel through our body, just as the energy of God travels throughout the physical embodiment of God, all of life. Such an awareness has caused holistic medicine to become more popularly accepted, for its practitioners believe spirit, mind, and body to be holistically interwoven, one dependent upon the other. That which is of our spirit and that which is of our mind are reflected in our body. Our thought-produced energies can affect the entire Trinity that we are, spirit, mind and body.

Tragically, it was once believed by many people that if the physical body were tormented and deprived of physical comforts and pleasures that the polarization of such abuse would bring about a comfort, solace, and pleasure to the spirit. Such an unfortunate misunderstanding has nothing to do with the proper ap-

plication of the teaching of polarization, and was a misconception of what the polarities were all about.

It is most certainly true that the spirit, mind, and body are holistically interwoven, but that of which we *deprive* the body will not *reward* the spirit. We are "vibrationally" judged by our labors, and the judgment is one of *self*, for we assume the spiritual energy which we have caused to exist. This is a fair and proper judgment, and it affects our being on every level of its essence.

When a person causes a chaotic energy to exist, his or her awareness is low, and the gathered energy will affect the entire Trinity of that individual with distorted vibrations.

Of those people to whom a chaotic energy might be directed, the degree of the affect depends upon the awareness of those people who *receive* it. If their awareness is low, the spirit, mind, and body—their entire Trinity—can be chaotically affected. If their awareness is high, their entire Trinity is protected. Even in physical abuse, only the body, the "child" of them, can be affected; the spirit and mind remain untouched.

It is my understanding of *one* of the meanings when it was said the sins of the mother and father, the psyche, will be visited upon the child (the body), for our minds affect our bodies.

The great value of prayer lies in its creation of harmonious energies, which are patterned after the prayer. These energies can spur us into acting upon the thought patterns that are harmonious with the Divine Plan and manifesting them in our lives and in the lives of others. If we choose to act upon the harmonious energy of prayer, we will obviously be able to multiply our blessings and live in accordance with the Divine Plan of God.

It is dangerous to interact with organic or inorganic matter spontaneously without engaging the discerning aspect of our conscious mind. It must be understood that we will vibrationally reap the fruits of our mindless actions, as well as our deliberate ones. All that affects

our spirit, mind, and body is dependent upon whether the energy with which we interact is harmonious or discordant. Check each action to be certain that all is in accordance with, in harmony with, the Divine Plan of God.

Recognize the Total Self, the Trinity within, and the *area* in the realm of Time which each aspect governs. Your thoughts may be seen as the *Future* you wish to come to be—your dreams, your aspirations for tomorrow. Your *Present* is the conscious mind which operates in the NOW and guides the energies expended. That which will come to pass, the results of your thoughts and your actions, is the child self, the *Past*, and is represented by your body. For your body expresses the result of the actions which you have caused to come into being.

In the knowing of your Total Self, you come also to understand its relationship to Time—the Mother, creative Future; the Father, guide Present; the Child, product of Past actions.

If we take another look at the orthodox Trinity of the Godhead—God the Father, God the Holy Ghost, God the child Son—and convert them into the teaching herewith received, we see that we have God the Father, God the Mother, and God the Child. The child born of the union between Father and Mother is the Christ energy, the Divine Plan. The Christ principle is the product of the interaction between the positive-Mother principle of God and the negative-Father principle. Together these two principles did create the thought-patterned energy which is the Christ-energy. In the Spiritual Realm, Christ is all of the Angelic beings, the Souls. On Earth, Christ is all of matter, organic and inorganic. All the creation is suffused with the Christ energy, as a *result* of the Christ energy. The Christ Vibration is the thought-patterned energy of the Divine Plan of God, it is the *body* of God.

If we think of the Christ energy as the thought-patterned energy of the Creation of all things brought into being by God, we see how we, too, must work

toward the fulfillment of the Divine Plan. We, too, are to create harmonious energies and gather them into our vibrational being and give them to God upon our return to the Source. When we aid in the completion of the Divine Plan of God, we truly become children of that energy, Christ Children.

If we should ever expend our energies to abort the Plan of God, if we should choose not to recognize our true purpose in being, then we are *not* children of the Divine Plan. We are not Children of the body of God or Children of the Christ Vibration in matter. We are instead the children of chaos and destruction. We are destroyers, not creators. We will have become children *against* the Christ Vibration. We will have become Anti-Christs.

We must, therefore, devote our energies to fulfilling the Divine Plan of God, to creating newly formed energies of the most harmonious sort, to gathering only loving interactions into our being. In our return to the Creator, we will bring with us all those energies we have patterned according to the Divine Plan. We will aid God in increasing in complexity, in expanding in awareness, and in experiencing life in a myriad of forms and dimensions.

Be a Christ Child. Live in fulfillment of the thought-patterned energy of God, the Christ Vibration. Exist totally in harmony with the Divine Plan. Bring others into awareness so that you might glorify your Creator in the beauty of your works.

* * *

CHAPTER FOURTEEN

Achieving Successful Relationships

Here is the essence of a teaching-vision that I received in regard to the meaning of what truly occurs when two or more people join together to achieve a common goal—be it a marriage, a family, a corporation, a nation, or a world.

Remember the truth that when we interact with matter, organic or inorganic, an energy comes into being that is patterned after the very act that created it. This energy is drawn into the electromagnetic field of the one who created it and it affects him or her and whoever else will accept or receive it into his or her being.

In those situations in which people join together to achieve a common goal, they, too, cause a spiritual energy to exist that is patterned after the act of its creation. This energy affects all those people to whom it belongs and who belong to it, and yet it is as a separate entity unto itself. Its lifespan will last as long as the people who have interacted to create it will desire it to last. Those of whom the energy belongs are responsible for its state of health and the maintaining of its balance, so that it may grow and be strong. If they do not aid in its growth, they will cause its ultimate death, *i.e.*, divorce, dissolution, bankruptcy, economic collapse, national destruction. Of those so enjoined whose in-

teractions are in accordance with the Divine Plan, they may be said to receive a "blessing" from God, for the spirit of God is made manifest in their interactions with one another and others.

Each member who belongs to that created entity must give of their own energies to that entity in equal portion to that which is taken from it, so that the energy of the entity may remain in balance. In the beginning of any newly formed energy-entity, it is wise to give *more* than you expect to receive, so that the energy of that created entity may become strong, mature, and capable of returning in equal measure its energies to its members.

Consider the following analogy to aid you in understanding this principle of two or more creating an energy-entity.

A man and a woman blend their physical energies to create their child. They must now tend the child, love, respect and nurture it, as well as contribute time and energy toward the helping of their tiny, helpless entity. It is the parents' responsibility to see that the child becomes healthy and strong and matures into a normal adult.

If they are successful and conscientious, their child will become increasingly independent and require less of their time and energy. The child will mature into a normal, loving, balanced, functioning adult, who can then return to the parents the energies given in equal measure.

Such is the case when two or more people gather together to achieve a common goal. The spiritual energy that is thereby created is their "child." They are responsible for nurturing that infant energy until such time as it can become strong and self-sufficient. When the energy is mature, it can give in equal measure to that which it receives. In some cases, the energy will have become so balanced, strong, and mature it may on occasion return far more to the investors than they actually contributed.

Let me now carry the concept of entity creation beyond that of a man and woman physically producing a child.

The moment that two people enter into marriage they have created a new spiritual energy. This energy becomes a "child" of the two, and it will be patterned after their love, their ways, their attitudes, throughout their marriage.

The marriage-entity, the spiritual "child" of their marriage, must be nurtured, and it will require a good deal of the time and energy of the two adults who created it if it is to mature into a strong, healthy, functioning adult-energy. It is obvious, as we observe couples adjusting to one another, that some marital-entities will be able to mature faster than others, for this is dependent on the maturity of the adults.

But it is only when the marriage-entity has become mature that the couple should expect the marriage itself to support *them* in their spiritual, mental, and physical needs. Only when the marriage-entity has *matured* should the couple bring a physical child into the marriage. Only when the marital-entity can "stand on its own feet," be strong should a couple think to give of themselves to the forming of a physical child of their union, for in the beginning, the physical child will take from the marital-entity more than it can give. So many young marriages fail because the marital-entity was still too immature and weak to support the drain of energy that a physical child would require.

Tragically, it seems, too few men and women can give enough of their time and energy to both the physical child and the spiritual "child" of their union. Sadly, both children may frequently starve and grow dangerously weak. Since the spiritual child of their marriage is the invisible one of the two, it is usually the one who suffers most, becoming totally neglected until the spirit of the marriage dies causing divorce.

Even in the healthy, strong, and maturing family-entity, each of the members belonging to its energy must give in equal measure to that which they take from it. If a single member does not return in equal measure to that which he or she is taking, the family-entity will begin to falter.

Once this has occurred, it remains for another family

member to give far more than his or her share in order to keep the entity strong and balanced. If the sacrificing member of that family begins to tire and to cease in giving more than his or her share, a slow starvation of the entity begins to occur. Illness will overtake it, disease ensues and death of the family-energy could become inevitable.

Correspondingly, if all family members give in equal measure to that which they take from the family-entity, it will remain strong and in good balance, supporting each individual with mental, spiritual, and physical blessings. Such a situation is in accordance with the Divine Plan of God, wherein newly formed energies are always to be of a harmonious, balanced, enriched nature. When two or more are joined in accordance with the Christ Vibration, the "blessing," the energy of God will be there.

The same principle applies when a national-entity is created. At the time of its inception, the new nation is as an infant, with unmined mineral resources, undiscovered wealth, untilled land, and unharvested crops. A newly formed nation will require much time and energy in order to develop into a healthy, strong, and fully functioning and ultimately "rich" national-entity.

When a national-entity has received full measure from its people, it has nearly unlimited, bountiful opportunities to share with those members of its union. But if a group of people conspire to take from it more than their share of wealth, taking more than their share of natural resources, and seek to hoard their treasures without returning any energy back to the nation in measure equal to that which they have been taking, such as hiding their wealth in various tax shelters, et cetera, the national-entity will become weakened, ill, and steadily imbalanced, becoming diseased, totally corrupt and national destruction will then be inevitable. How many nations have you heard of or know when such conditions occurred? Those people who cause such an imbalance do not live in accordance with the Divine Plan and are thus ungodly in their actions, causing a

nation without God. Chaos then ensues, for where God does not exist, Satan's ways reign supreme. Chaos brings insurrection, revolution and total collapse, that all of that nation's enemies may divide its spoils.

In order to compensate for the selfish exploitation and hoarding of a few, the larger number of people must then be overtaxed. Because of those who took too much, but who returned little or nothing, the people who have little to give must share *more* than they can afford. They, in turn, will begin to tire of their extra jobs needed to pay higher prices and extra taxes, they may devise methods whereby they can hold on to more of their meager share, and the spirit of the nation becomes even weaker. In time, too *few* men and women will be giving *anything* to the national-entity, while much is needed to be taken. People will then demand their basic needs, and soon Chaos will ensue. The national-entity may then perish from a civil war or a revolution, for the actions of those so enjoined were in opposition to the Divine Plan.

To be blessed, a national-entity must exist in accordance with the Divine Plan, and truly be a nation under God, with liberty and justice for *all*. All of that nation's people must give in equal measure to that which they receive from the national-entity. To exploit, to hoard, is to cause the national-entity to suffer imbalance, disease, and death.

Whenever you join with another, let the entity that you create by your union become healthy and strong. And remember, it is up to you to ensure its health and balance by your devoting time and energy in equal measure to that which you take from it.

If you, and those who join with you, live in accordance with the Divine Plan, your entities-of-union will always be blessed by the vibration of God and will flourish.

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CHAPTER FIFTEEN

The Key to Happiness

People who suffer from a persistent state of unhappiness are being needlessly taxed by an imbalance in their attitude, in their understanding, and in their awareness. Unhappiness most often results from a lack of awareness, from an inability to see the total picture.

Humankind spends the greatest part of its existence seeking the elusive state of happiness without seeming to be able to realize that it lies within the understanding of each of us, if we will but open our eyes, our hearts, and our lives.

Experience, it has been said, is the best teacher. But since we are spirit, as well as flesh, we must gain spiritual awareness to balance with our physical experiences. Contact with both realms are necessary if we are to experience properly the spiritual and material worlds.

In order to become more aware while experiencing the world of matter, we should consider the so-called "Thou Shalt Not," the Ten Commandments of Judeo-Christian tradition. But let me state my opinion that these commandments were not given to humankind as a threat, denying us our free will. I believe that they were channeled from above to serve as "Keys to Happiness."

In reviewing the commandments add this phrase, "and I will be happy," to the end of each one.

For instance, the first commandment will thereby become "Place no other Gods before me . . . and I will be happy." Go through the other nine, and begin to understand that we reap what we sow.

This exercise will also help you to more completely understand the thought that is being conveyed. God must be placed first in our lives before we are secure in our happiness. When we place anyone or anything before God, what would happen to us if anything might occur to that person or that thing which we hold in greatest esteem? If we learn to place God *first* in our lives, then our happiness can always be established, secure, for we will keep forever a firm foundation.

Let us consider specifically another commandment, "Keep Holy the Sabbath Day . . . and I will find happiness." If you set aside at least one entire day of the week to think *only* of God, to meditate, to receive contact, to be spiritually guided, you will achieve a balanced perspective, additional awarenesses, and the fulfillment of your existence.

"Honor thy father and thy mother . . . and I will be happy!" Psychiatrists have long recognized that the two people with whom we first come into contact and the manner in which we interact with them govern our attitude toward all others who follow.

But there is even more involved here. The *honor* that we have for our mother is reflective of the vibrational attitude we have for our subconscious creative-positive aspect of our psyche; the esteem that we maintain for our creative-feminine facet of our Soul; as well as the Mother principle of God that is reflective in the Divine Plan. In like manner, the honor we feel for our father corresponds to that of the conscious negative-guiding aspect of our psyche; the masculine facet of our Soul; and the Father principle of God, also reflective in the Divine Plan.

If we have imbalance in our honor toward either parent, it will be reflected in our psyches, in our

spiritual contacts, and in the lives which we lead. An imbalanced attitude toward one's mother blocks the creative process and may distort its product. An imbalanced attitude toward one's father thwarts the guiding aspect of our conscious mind and may cause it to fail to properly discern and censure certain chaotic energies, for all is reflective and holistically interwoven, that of spirit, mind, and body.

We must truly learn to love all of life unconditionally. Unconditional love is the energy of which Jesus spoke so often in the Gospels of the New Testament. He said that we must love and respect our enemies and pray for those who torment and persecute us. He pointed out that there was little gaining in only loving those who loved us.

Let us take the Eleventh Commandment and our Eleventh Key to Happiness from Jesus: "Love one another as I have loved you . . . and I will be happy!"

With this additional key to happiness, the true worth of all the other commandments will be much more clearly manifested in our lives. In love and understanding, we will happily seek to live according to the Christ Vibration and achieve the fulfillment of the Divine Plan for the glory of God.

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CHAPTER SIXTEEN

Preventing Stress And Other Self-Destructive Thoughts

When we fully understand the ways in which our mind, body, and spirit function, we will better be able to answer all of the questions which may arise in our daily living.

As we have learned, it is the subconscious mind that creates a thought and it is the conscious mind that embraces it. The action of the positive with the negative causes the energy of thought to exist, which is patterned after the thought. In most situations, the energy triggers the necessary musculature of the body to enact the thought in the world of matter.

In the case of nervous energy, the conscious mind has embraced the created thought, but it has done so in a *conditional* manner. Its commitment was not total. The energy was created but the conscious mind censored the energy from being enacted. Such a conscious censoring prevents the musculature of the body from bringing forth the pattern of the created energy, and a nervousness ensues.

Censoring on the part of the conscious mind may be due to any number of reasons, ranging from societal attitudes to environmental pressures. If, however, the thought-patterned energy might have been one of a

chaotic nature, such as from anger, frustration, or hatred, then the act of censoring it and containing it will surely upset the vibrational frequencies of the originator's spirit, mind, and body—though such an act of censor would be of a lesser consequence than if the chaotic energy had been acted upon.

One method of relieving nervousness due to self-destructive thoughts is to list all of the things that you wish you might do and make very certain you understand ahead of time which of your desires need to be censored. Attempt to learn if you are blocking harmless wishes unnecessarily. Some of the patterned energies you may be blocking may be those that are in harmony with the Divine Plan. Determine if extreme censoring, which precipitates your nervousness, may be due to earlier, outmoded, conditioning, unwarranted fears; or from a lack of initiative.

Once your carefully considered reason has determined that your desires are not destructive, but, rather, are the result of prior programming, force yourself to fulfill at least one item on the list each week. Continue to follow this regimen until the majority of the previously censored items have been completed and brought into the world.

Another method of preventing nervousness is to practice the training of the subconscious mind to form only those thoughts which will fit into your chosen path, your way of living. In other words, accept the limitations that you have created by your choices of career, loved ones, education, economic conditions, and so forth, unless you desire to change them. Accept these limitations and entertain only those thoughts which fit into your chosen lifestyle.

This is not the happiest state of being, perhaps, but it is the most commonly utilized method and one of the most realistic ways of living. By training and practicing strict control of the subconscious, you will keep your mind from creating thoughts which you would later have to censor. Such discipline will prevent nervousness from erupting from continued censoring.

This is the reason why some religiously devout individuals pray when their minds are idle. They seek always to prevent the creation of thoughts which will prompt censure, nervousness. They believe that it is far better to fill the mind with prayer and thoughts of love than to permit the mind to wander into deviant, self-destructive behavior patterns.

A third way of preventing nervousness is to learn the art of meditation. In this method, you acquire the ability to empty all thoughts from your mind which are vying for your attention. When this is accomplished, you wait until the mind is totally silent, then you fill it with a single thought—that of making contact with your Soul in the heavenly realm.

When you receive Soul contact, you will become so much more enlightened and aware. You will soar to the Heavenly Realm and receive contact with the angelic beings. Practicing Soul contact will not only teach you mind control, but it will give your mind the sustenance to create thoughts only of a desirable nature, that are harmonious with the Plan of God. Your life will then become more productive, and your nervousness and your destructive behavior patterns will have been banished.

* * *

CHAPTER SEVENTEEN

Developing True Values

Before you begin this chapter, get a large sheet of paper and a pen. Entitle the paper "My Values."

Next, begin to list all those things which you value—your loved ones, your home, your car, the people you admire, the entertainers you enjoy watching, and so forth.

Make your list as extensive as possible. Take several minutes to do a thorough job. Number each item according to the importance which you place upon it.

When you have finished your list, set it aside so that we might delve deeper into the matter of values.

What is the most important thing in life? We would probably answer that question by saying, "Life itself!" If life did not exist, what choices would we have?

But would you say that all of life is important? What about the lives of certain animals, such as snakes, rodents and sharks? What about the lives of certain insects, such as crickets, spiders, and ants? Do they really affect your existence? To see how all of life interrelates, let us go still deeper into the subject.

Consider that each lifeform is as a link in a great and mighty chain. Imagine that this is the Great Chain of Life and visualize it encircling the globe. There is no end

to this great and mighty chain, for the end of each and every link flows into the beginning of another. And the end of the chain is also the beginning of it, as it goes around and around, ever strong, ever evolving, ever continuing its place in the Divine Plan.

Each lifeform that exists is important, for each species of that lifeform is as a link in the great chain. When even a single link of a chain is broken, can the chain remain strong? No link should be weakened, violated, or halted in its purpose, or the entire chain will be affected and all of life will soon cease to be.

Each lifeform is an operating, functioning system of energy in the cycle of life, and one depends upon another for its very existence.

As we view the cycle from afar, we see that the animal lifeforms depend upon the plant lifeforms, and *vice versa.* The cycle continues so that all might exist. The animals need oxygen and food, and they give off carbon waste. The plants need carbon, and they give off oxygen waste. Both forms give to one another of their mineral content both before and upon their physical deaths.

All lifeforms on this planet, in one way or another, are symbiotically dependent on one another for their existence. Therefore, each lifeform must be considered important and has its place in the scheme of things.

Remember that the purpose of all creation is to expand, to increase in complexity, and to express life in a myriad of forms and dimensions. God caused systems of energies to exist outside of itself and desired that these energies would also create systems outside of themselves. It is the Divine Plan that all energies will one day return to the Source more enriched than when they were sent forth by bringing with them the energies which they have caused to exist. Through God's Plan, the Christ Vibration, the Creator will expand, increase in complexity, and experience life in a multitude of forms and dimensions. We who live in accordance with that Vibration, by creating new energies that are harmonious with the Plan are Christ Children. Those who are destructive, those who are wasteful of life, are the

Children of Chaos, the Anti-Christs, for they oppose the working of the Divine Plan.

If it is so that we must never cause the cessation of any lifeform, how may we deal with those forms which are an annoyance to us or which disrupt our way of going?

The only time that certain lifeforms are deemed troublesome—certain insects, certain rodents, certain predators on land or sea—is when we humans have upset the natural balance of things. We have committed grave errors in judgment in having obliterated certain creatures which we had judged valueless, for they were acting as energy purifiers on our planet.

All of life is an interblending of systems of energy. There is a need for certain systems of energy to exist in order to purify other lower expressions of energy so that the highest expression of energy in matter, that of human life, might exist.

Each group of lower lifeforms has within its number those which are malfunctioning, deformed, ill, aged, or in some other way do not *add* to the strength and the continuance of their species. If these lifeforms are not eliminated and returned to energy, they will interbreed, multiply, and proliferate their deformed progeny through the entire species, thereby weakening it. A weakened species will eventually be an extinct one, and the species that depends symbiotically upon it will also perish. As the domino effect continues, humankind itself will be gravely affected and will soon perish, for we too are a link in the Great Chain of Life on this planet.

Each lifeform on this planet must be respected for its place in the chain and for its part in the Divine Plan. No lifeform should ever be violated.

If any energy system violates your own way of going, attempt to remove it from you, if possible, place it elsewhere. Humankind has already created too great an imbalance by its wanton slaughter of so many species of animals. We must humanely endeavor and begin to restore the balance which we have so cruelly upset.

When we partake in the destruction of any lifeform,

we have to a greater or lesser degree gone against the Divine Plan, for we are destructively interacting with organic matter, and the chaotic energies we create will become a part of our vibrational self, affecting us on every level. We must not make generalizations about any other lifeform and pass condemnatory judgment against its continued existence. One entire link in the chain removed will eventually cause the entire circle of life to cease to exist.

We must *value* all of life to live in accordance with the Divine Plan. We must learn to give respect and to love each and every form of life, for to do so is to love and to respect God from where all of life truly came.

Regarding people—when you consider those people you deem valuable, be they doctors, scientists, politicians, actors, spiritual teachers, instructors of education, ask yourself if they expend their energies in accordance with the Divine Plan of God.

There are admirable and unadmirable paths available in every career choice. There are the scientists and the politicians who devote themselves to the betterment of all of life, and there are those who combine their energies to create weapons which may destroy countless lives. There are the entertainers who expend their energies seeking to bring both enlightenment and enjoyment to their audiences, and there are those who debase the dignity of humankind by portraying the powers of demonic darkness, those of chaos and destruction, as being fashionable and desirable.

In whatever profession or work task we assume for our own, remember that we have the choice to live in accordance with, or in opposition to, the Divine Plan. We have the choice to function as a child of the energy of God, a Christ Child, or a child of the opposing energy, a Child of Chaos.

Those who choose to live in accordance with the Divine Plan seek to produce energies which give of love, wisdom, and knowledge and which aid others in understanding the ways of creation, harmony, and bal-

ance. They are the Lightbearers, those who shed the light of awareness so that others may see their own paths more clearly.

From time to time, each of us must ask whether we admire those who shine the Light or those who seek to darken it. Do the people you admire aid the world to achieve higher awareness?

There really is no middle ground here. For if one does not work for the light, it is certain that the world will one day be totally enveloped in darkness. One cannot choose to do nothing at all, for that is equivalent to voting for the *absence* of light.

And where do you yourself stand? Do you seek to expend your energies to aid the Divine Plan? Do you strive to gather energies of harmony so that they might permit God to expand, to increase in complexities, to experience varied dimensions of life?

Your way of going reveals your values. The way you expend your energy proves your priorities. Your choice of work or career, and the way in which you perform, reflects your value system. The way you live indicates whether you wish to be a Child of God or a Child of Chaos.

Are you utilizing your energies properly, according to that which you value? Or are you placing *your* energy against *God's* energy?

Now recheck your list. Do you still agree with what you wrote down? Do you wish to change the order of anyone or to eliminate anyone or anything from the list?

Go ahead and alter the list in any way you wish. Change it to suit your greater awareness.

Perhaps you might wish to take a fresh sheet of paper and make a clearer copy of your values. This list can serve you throughout your life, and it should be altered and added to whenever your values change. Place your list in an accessible place, so that you can refer to it whenever the need to do so arises.

Whenever you have an important decision to make in your life, you need ask no one for advice. Just refer to

your list of *Values*, and you will easily make the correct decision. By following this practice, you will always be able to make certain that your way of going, your choices, your decisions, will never conflict with your true values in life.

* * *

CHAPTER EIGHTEEN

What Is Sin?

Much has been written on the subject of sin and which thoughts, words, and deeds fall into that chaotic category. The Ten Commandments of Moses gave our Western world most of its basic "shalt nots" and served as the outline for our system of laws. The dictionary tells us that sin is an act that violates a religious or moral principle, but one can easily see what a fluctuating guideline such a definition could prove to be, since sin would be dependent upon the interpretation of how one's belief would interact with the deed committed.

If one believes that there is a purpose to all of creation, one would then have to surmise that it would be logical that creation should be designed to exist in ways that would be deemed harmonious, constructive, and productive for all involved.

As I stated in my vision of the Divine Plan, the positive-Mother principle of God created and formed the thought to cause other energies to be created in the image of God, so that these would create even more energies. All energies would then be gathered to God and God would then expand, increase in complexities, and experience life in a myriad of forms and dimensions.

Thus the thought was created and was received by the negative-Father principle and the energy of it was caused to exist and was guided after the pattern of that created thought. That patterned energy was the child of the two principles, the Christ Vibration, the Divine Plan. In fulfillment of the pattern thereof, other energies were caused to exist throughout time. Upon the culmination of all creation, all energies will be gathered to the Source, in fulfillment of the Divine Plan, and God will thus expand, experiencing life through the multitude of returning patterned energies.

To sin is to violate the thought pattern, the Divine Plan, of God. We sin in greater or lesser degrees when we violate any part of that Plan, such as causing another system of energy to be diverted, thwarted, harmed, or destroyed, thus preventing it from fulfilling its part in the Plan. All of life is composed of systems of energy, and all is made to greater or lesser degrees in the image of God. Human life is the most perfect of God's reflections, being both positive and negative and containing those same principles in its psyche.

As energy systems, we cause other energies (either spiritual or physical) to exist when we interact with matter, be it organic or inorganic. These energies are patterned after the very experience that caused them to be, being harmonious or discordant. The spiritual, patterned energies we create and gather into our being affect us on every level, spiritual, mental, and physical.

The physical patterned energies we create are our children, being energy systems patterned after us and are positive/negative, being female or negative/positive being male, and are made in the image of God, capable of creating spiritual and physical energies.

We human lifeforms are facets of our Soul, which exists in the spiritual realm to which we will hopefully ascend. Our Soul, from which we have descended into the fleshly world of matter, has within its construct the very same principles as all of life, being made in the image of God. Within its Soul-being exists the feminine-creative principle, being its positive aspect, and the

masculine-guiding principle, its negative aspect. Our Soul serves to guide, to inspire, and to make us more aware of our true purpose in being. The feminine-creative principle of our Soul creates those Personal Teachings which raise our awareness, aiding us in discovering our personal path to God. The masculine-guiding principle assists us in applying those truths in our material lives.

Our own minds operate according to this very same process, for we also are made in the image of God, we are the physical embodiment of those same positive and negative parts of God's energy that caused all of creation to be. We have within our psyche the feminine-creative principle, being positive, correlative somewhat to that aspect which others term the subconscious (with elements of the superego, as well), as well as the masculine-guiding principle, being negative, correlative to the conscious mind and the ego. When these two principles work together, the feminine-positive with the masculine-negative, an energy comes into being that is patterned after the thought and this energy prompts our mental machinery and our muscles into action to carry out the thought-pattern.

If the feminine-creative principle of our mind creates a destructive, chaotic thought that is disharmonious with the Divine Plan and against the purpose of our being, the patterned energy that results, even though it may be censored and contained by the conscious mind, will *still* exist and affect our body. We have "sinned" in thought, and the violation of the created patterned-energy that opposes the Divine Plan will be felt by us in the lowering of our vibrations on every level of our being.

There are gradations of "sin," some greater or lesser than others. For instance, if the created destructive thought-pattern had been fully brought into being, the *enactment* of it would have been an even *greater* sin, for the chaotic energy would have destructively affected others outside of the body of its originator.

It is a lesser violation against ourselves and the Divine

Plan—but still a sin, indeed—if the feminine/positive principle of our mind creates a harmonious, productive thought and our masculine/negative principle thwarts or censors that thought and prevents it from being manifested. This is a sin of omission, for if the thought had been permitted to exist, it would have furthered the plan of all creation and might have aided others in completing their purpose in being.

It is a much graver sin to bring into being a discordant, disharmonious thought which will chaotically affect organic matter, for such an act gravely violates the Divine Plan as well as another's energy and way of going. There are degrees here, too, for the gravity of the sin depends upon whether we caused the energy-system to be hurt, harmed, thwarted, or ceased from flowing altogether.

We must be very cautious how we affect another's energy, for we are held vibrationally accountable for all acts directed against other life-systems. We must also realize that each lifeform is connected in some way to other lifeforms, and they, too, will be affected by that which we have caused to occur to its mate, friend, or family. We can, therefore, affect the lives of many when we either harmoniously or discordantly affect the life of a single individual. The degree of the vibrational reaction will be felt by our being in an equal amount, for this is Karma, Divine Justice.

We have within our physical shell an aspect of the Eternal Creator, God. This, our eternal *Spirit*, is a facet of our Higher Self, our Soul, and is affected by our thoughts, words, and deeds. This spirit within our being has a forcefield which extends several degrees outside of our fleshly frame. This forcefield of electromagnetic vibrations can be felt, seen, and sometimes "read" by certain sensitive individuals. Certain people who are said to have the gift of healing are those whose own electromagnetic levels can bring balance to the energy field of others, restoring order in certain areas of their body.

It is the *spirit* which continues to live after our flesh-shell has ceased to function. Our spirit vibrates with the

energies, harmonious or discordant, which it has gathered from our thoughts, words, and deeds throughout life. If we have sought to fulfill the Divine Plan, our spirits will easily ascend to the Higher realm, as Children of God. If we have sought to disrupt the Divine Plan, our spirits will descend to the Lower realm, as Children of Chaos.

Our Soul, our Higher Self, serves to guide our spiritual, mental and physical energies and to make us more aware. Through contact with our Soul, with both the feminine and the masculine aspects of its energy, we can receive all that we need to know to fulfill our destiny. This contact with the Soul is known as "channeling" or "receiving" personal awareness and guidance.

When we partake of the awareness of the feminine aspect of our Soul and permit the masculine aspect to guide us in the ways of implementing that awareness into our lives, we can be said to be channeling the creative energy of God in a harmonious way, for all that we channel from the Soul is in harmony with God's Plan. To become a true instrument of God is to channel creative energy from the Soul, permit it to harmoniously affect our thoughts, our energies, and manifest these energies into being.

Upon the death of our flesh-forms, our spirit continues to vibrate according to the spiritual energies that it has caused to exist and which it has gathered into its own vibrations throughout its life.

If the spirit within vibrates with the harmonious frequencies of the highest order, it will rise, no longer encumbered by gravity and by flesh. It will easily be incorporated into the spiritual realm, thereby joining the Soul.

If the spirit within vibrates with the chaotic frequencies of the lowest order, it will be unable to join its Soul. It will be unable to be incorporated into the spiritual realm of highest vibrations. Now deprived even of its flesh, it will become a part of the low vibrational realm of Chaos.

If our minds are imbalanced, our thinking distorted and destructive, we will "tune in" to these tortured, maddened spirits and channel their thoughts and energies. Such receiving is, of course, in exact opposition to those who channel awarenesses from their Soul. Transmissions from the lowest realm can adversely affect all those who listen and who come to admire such words of destruction, for the energies of those in this lowly realm work against God and the Divine Plan.

In our world of polarity, if God is balance, the opposing energy is imbalance. If God is wisdom, the opposing energy is one of ignorance. If God is love, the opposing energy is one of hatred. If God is order, the opposing energy is one of disorder, chaos. If God is that which is beneficial to our beings, the opposing energy is that which is harmful to us.

That which created and brought into being all-that-is was God. That which would destroy and disrupt the flow of all energies seeking to fulfill the Divine Plan would be Satan. Satan, therefore, is the direct opposite of God. Satan is a hate-filled, destructive, ignorant, disruptive, chaotic, evil energy, in direct opposition to the Divine Plan, the Christ Vibration.

One of the most grievous acts which we can commit is to cause another to sin. We must never divert another's energy flow in any way that would cause him or her to become a Child of Chaos. We should never seek to divert another's energy flow unless it is to divert it from destruction, chaos, or death—and even then we must exercise great care to be certain that we have judged the situation and the circumstances correctly. We must be careful that we do not interfere with a larger purpose than our perspective may be permitted to assess from our finite level of judgment.

It would be wiser if the act of diverting another's energy took place only when that person was observed transgressing against another lifeform's fulfilling its purpose in being. Even then, the vigor with which we

implement such a diversion of energy should be dependent upon the violation encompassed by the destructive act.

If you encounter a person who appears to enjoy the killing of lower lifeforms, it would be best to divert his energies by making him more aware of his actions. It is always wise to school such transgressors so that they might become more elevated in their understanding and might come to learn to respect the smallest and most insignificant of lifeforms.

If we teach our fellows to respect the smallest of lifeforms, they will come to respect, as well, those life-systems which are more complex. If we can teach others to respect the energy flow of a butterfly fulfilling its part in the Divine Plan, then they would not think to destroy a more complex form as one of their own kind, fulfilling his or her own life.

Such teachings of respect must be given always in love, in order, in harmony with God.

Those who steal, harm, or destroy another energy-system, be it of a higher or a lower form, are in need of help and assistance. In their ignorance they are unaware of their actions, and they must be prevented from affecting the lives of others disharmoniously, chaotically, and destructively.

If those who are destructive are permitted to bring continuous chaos into the lives of others, their victims will eventually become so harassed and depressed that they will lose sight of their own purpose in being. Constant victimization will provoke the victims to retaliate, thereby presenting the danger of their becoming as corrupt as their attackers. Because of this Earth-plane consideration, a measure of enforcement is necessary to halt those who are destructively aggressive from affecting the lives of those around them in chaotic ways and committing violations of the Divine Plan.

Should those of a chaotic way of going be forced to be imprisoned for a time in order to protect the rights of others, they should never be treated harshly; and their

place of incarceration should be a place for learning the degree of love and respect for all living things. Places of imprisonment should be constructed toward the total rehabilitation of those who violate the creative flow, so that they will devote their energies to aiding humankind in its return to the Source. There should *not* be any person released back into society who has not received such awareness, who has not learned to love and to respect *all* life.

It is quite natural for us to feel a repugnance or an aversion when confronted with one who has pledged his or her energies to the opposing way of going, who is in opposition to the Divine Plan. We must never allow that repugnance to violate our own energies within and to become as they, lowering our vibration to react in hateful ways. We must instead endeavor to teach them all that we have come to know, so that we might elevate their level of awareness.

Only when we can be certain that we can react to such people in a loving, constructive manner should we ever attempt to interact with them or to seek to divert their energies.

It is true that no man or no woman is an island. Whatever we do to any one person, the action will also affect in some way the lives of those whom they will touch. Great care must always be taken when we interact with another. We must strive only to teach all to become children of God's vibrations, so that they might act in accordance with the Divine Plan.

A Child of God creates and entertains only those thoughts which are harmonious with the Divine Plan, being those that are loving and respectful to all of life. Such a child does not censor such thoughts, but permits them to manifest in the world of matter in accordance with the Creator's plan.

By harmonious interaction with all of matter, the Child of God causes new energies to exist which are patterned after the harmonious act that brought them into being. These energies are then gathered into the elec-

tromagnetic field of his or her being. Such a child seeks always to harmoniously affect the lives of others on every level—mental, physical, and spiritual.

A Child of God desires attunement with his or her Soul, thereby channeling awareness and higher creative energies. Such a child wishes to elevate the awareness of those who are receptive to their spiritual gifts received from the Holy Ghost. A Child of God evolves on every level until he or she rejoins the energies of the spiritual realm of highest vibrations—then continues to evolutionize until he or she blends with the Source, God.

In order to perfect the ways in which your energies might better perform in accordance with the Divine Plan, there exists a small exercise that can assist such an achievement. I call it the *Kettle of Love* technique.

Upon awakening and just before sleep, create the following mental imagery and accept its actions into your daily life. Fill your entire being with unconditional Love for all living things. Picture this Love flowing into the top of your head as one might fill a vessel. Picture your body becoming completely filled, beginning with your feet and continuing up to, and including, your head.

When your entire being is filled with unconditional Love for all living things, imagine the Earth before you teeming with all forms of life, human and animal. Picture yourself as a kettle, complete with a spout where your heart is. Now pour forth all of the Love that is within your body out of your heart, out of the spout, and let it flow over all the Earth, over all of matter, organic and inorganic.

As you continue to pour forth Love, notice that *more* unconditional Love is entering you through the top of your head. The more Love you pour out, the more you channel, the more Love enters your being through your crown chakra, through your positive and negative psyche, and the *energy* of that Love affects your entire being harmoniously.

The more Love you give to Earth, the more you will receive from above, and the greater and the more harmonious will be your energies on every level, spiritually,

mentally and physically. This is the law of equal balance, of harmonious Karma, in motion, in effect.

With continued daily practice of this exercise upon arising and before sleep, you will come to reflect the purpose for which you were created. You will come to live in greater accordance with the Divine Plan, thereby giving your energies to the Source.

OF JOY AND SORROW

Sadness comes from a lack of faith in God.
Depression comes from a lack of faith in Self.

* * *

Sorrow is noticing the absence more than the presence,
Joy is noticing the presence more than the absence.

* * *

—Francie

CHAPTER NINETEEN

Learning from Life's Sorrows

We have all undergone certain events which, while in the process of the experience, seemed to us to have been a curse, a punishment, a blight. Such events often prove to be those occasions when we were given the opportunity to grow and to attain a higher awareness.

A beautiful prayer uttered by an Amerindian sage and repeated down through the ages speaks of true understanding of another's plight being achieved by placing one's feet in that person's moccasins. This is no simple accomplishment. How many times have we attempted to place ourselves in another's shoes in order to understand the depth of sorrow felt—and really gained no meaningful insight at all. Unless we were somehow able to have placed our feet into our friend's shoes when he or she was a youth, and then continued wearing them throughout a lifetime of maturation and growth, it would be very difficult for us to guess the things that person truly cherished and valued.

Picture, for example, a girl who has lost the love and the attentive devotion of both of her parents. It is easy to imagine that she might have been imbalanced emotionally for a time, and when we learn that she was subsequently placed in a number of foster homes, we

can assume that the imbalance was made even more extreme.

Such a child would become readily injured by rejection, by acts of desertion, by feelings of being left alone. Because some of those foster homes were filled with hatred and lack of love, a pattern was established in her life in which acts of pain and bewilderment would become greatly exaggerated in her mind. Such a pattern would make it difficult for her to reach out to others, while at the same time it would cause her to hunger for love and acceptance.

At some point, just before full physical maturity, she learned to invest her love in a furry little pup. She found that she could release all of her bottled-up desires for affection into the animal, and the beloved creature would return them tenfold. The little dog became her steadfast companion whenever she would venture out into the cold, loveless world.

Because, at this point in her life, her family had been lost to her, the dog became the girl's family. The two of them played together, even chatted together. When she returned from work, the pet would joyously receive her. When she would sit to eat, the little dog ate also. When she slept, the dog was at her side.

Imagine, then, the impact that such a girl would experience upon the death of such a beloved companion. Yet, acquaintances might pass rather harsh judgment on her sorrowful lamentations. "It was only a dog. Don't you think she is overreacting?"

Unless those men and women who spoke thus had experienced all the circumstances of that girl's life, they had no right to pronounce judgment upon her grief. They had no right to declare the pet "only a dog," for truly it was not—it was all she had.

It is not wise to assess another's sorrow. And it is quite likely that if you wait until the moment of crisis or grief to step into another's shoes, you will *never* comprehend their feelings at all.

The only other method possible of permitting you to have a more complete understanding of another's life is

to seek the awareness which comes from higher consciousness. And, of course, your seeking must not cease with such awareness. It will be of little value if you come to know the feeling of others, but do not apply that knowledge.

To make a further example of our woman whose childhood rejection caused her to invest so much love in her dog, let us see how awareness would aid her in achieving a new perspective to her life. Because she was deprived of so many basic securities as a child, she will not, as an adult, take anything for granted. Because she was forced to interact with such a wide variety of people in those foster homes, she has a greater ability to adjust more rapidly to many different personality types. Because she acquired the wisdom to turn inward for guidance and counsel, she has found many profound answers to life's most irritating questions.

Others who suffered through similar circumstances and who have not achieved awareness as a result of their trials are not so fortunate. Too many adults are still carrying with them the stings of life's arrows. They have never learned to turn inward and develop their spiritual self. Their wounds of childhood remain open. The suffering that they endured as youths have become ingrained in their psyches and gained the companions of bitterness and resentfulness.

Tragically, too often those who have carried their childhood wounds into adulthood have become destructive to self and to others. Angry children now occupy the bodies of adults. As emotional children, lacking spiritual balance, they only modify their discordant behavior patterns with age. Their world becomes one in which they seek only to survive.

When you learn to elevate your consciousness and achieve the higher realm of the most harmonious of vibrations, you will be given the ability to rise above those events in your life that prevent you from viewing the total picture. The more you learn to detach yourself from the emotion of a painful event, the more clearly you will understand the gains which will soon be yours

because you have experienced it.

When you gain higher awareness, you also achieve the ability to see why certain events have occurred in your life, what possibilities for growth they offer you, and what gains from the events may truly be yours.

When you mentally ascend into the stars, you will be achieving a perspective which will permit you to see yourself above Earth, yet viewing your activities on it. As your perspective stands there among the stars, it is unhampered by emotions. It is able to see a much larger viewpoint from such a heavenly position. I call such overall vision "star consciousness."

The more aware that we become, the more we are permitted to see the greater picture of true reality. Likewise, the more ignorant of higher awareness we choose to remain, the more our sight is blocked by darkness.

The angelic beings and those entities of the highest spiritual realm aid all those who seek their assistance, for such interactions afford them the opportunities to create new energies which may be gathered into their beings. They gain as we, from such spiritual interactions, becoming even more complex and gaining higher vibrations.

At the same time, we must keep in mind the emissaries of darkness, those who are entrapped in the spiritual realm of lower vibrations. Remember that they can come even closer to you when your spirits are low and your depressions and sorrows have taken their toll. Do not be misled in your most vulnerable moments, for such contacts will only lead to greater sorrows later in your life. Never forget that the *energies* which those from the lower spiritual realms create are patterned after their distorted, chaotic views of life. These chaotically patterned energies lower the vibrations of the creator of them as well as lowering the vibrations of all who receive them.

You need never fear that a spirit from the lowest realm could deceive you in disguise as a being of light from the highest spiritual realm. Such a subterfuge would be an impossibility, for if the lower entities *could*

raise their vibrations, they would no longer be entrapped in the lowest dimension.

When it comes to discerning spirits, it is definitely true that by their vibrations shall you know them. A feeling of unconditional love accompanies spiritual beings of the Highest Realm of Vibrations, while a feeling of fear and mounting terror accompanies those spirits from the Lowest Realm. Contact with the spiritual beings of the Highest Realm offers you the possibility of achieving many understandings and multiple perspectives, gained from their lives.

As we mature into adulthood, we learn that it is our hopes, dreams, and expectations which determine our joys or our sorrows. Those energies which we apply toward life should strive always to be harmonious and loving in nature.

Do not expect more from life or from others than you are willing to give of your own energies toward them. Do not expect more than an equal amount of that which you have expended to be returned to you.

Whenever you are in a state of depression, know that an imbalance exists in your attitude, your understandings, and your application of energies toward life and toward others. Balance is happiness. Imbalance is sorrow.

Search your mind and your heart. Study your ways of living. Realize where you have placed and misplaced your energies so that you may seek at once to correct the imbalance.

Once you have done this, make a list of all those things which you expect from life. At the same time, note beside each listing exactly what it is that you will be prepared to give to achieve your goal. Perhaps this exercise will aid you in determining in which areas a potential imbalance may come to exist.

When you have decided upon the ways you wish to go, begin to concentrate your energies accordingly. Go full force to achieve your goals. Let no one thwart or divert your energies. Let determination be your banner.

OF OTHERS

A competitive society where one is a winner and another the loser is a society where *all* people can never be happy.

* * *

A society where few receive while many do without is a society without God.

* * *

Those who find joy in the sorrows of others reveal their own pain.

* * *

Those who laugh at the failings of others have admitted their own.

* * *

If we wear the shoes of another and live the life he led, we will know the answers to his ways that are in question.

* * *

No one can control his life, but all can control their *attitude* toward life.

* * *

—Francie

CHAPTER TWENTY

Directing Compassion into the Lives of Others

There is an ancient Chinese proverb which states that a gem cannot be polished without friction, nor can a person be perfected without trials.

From our limited perspective, the trials and tribulations which afflict us seem in themselves to be evil. It is difficult to perceive that such situations are actually opportunities for growth and that we will be made more perfect as a result of them.

I once had a dream-vision in which I was shown a woman suffering many hardships in life. While she struggled in her tears, I saw one of her angels from the heavenly realm smile lovingly at her in an attempt to comfort her.

The smile upon the Angel's face was not to indicate an attitude of superiority, a sadistic streak, or even bemused tolerance at the plight of one so unaware. The Angel's smile, I was told, was to indicate that even though the present experience was bringing the woman great sorrow, it would also bring her a great learning. The pain that seemed to be tearing at her heart, causing it to more fully open, was so it might accommodate a greater capacity for love.

It seems, then, as if a tear shed in our world might

equal a smile in Heaven. Or as H. W. Beecher once remarked, tears often become the telescope through which people are able to see far into Heaven.

It is through life's experiences that we gain the energies we cause to exist by our interactions. It is these energies which, when gathered into our being, elevate or lessen our awareness, raise or lower our spiritual vibrations, make strong or make ill our bodies. We must experience in order to gain.

I am certain that you have observed how difficult it is to share with another an understanding that you have reached through your own experience. We try repeatedly to spare our children from making the same painful mistakes that we have made, and even though we emphasize the anguish we have undergone, they will usually have to experience the problem for themselves.

It is really no surprise that others must experience events for themselves so that they will truly come to know them. Each of us must interact with all of matter and cause energies to exist that will be patterned after either a harmonious or a discordant vibration, dependent upon our intent. Only when we are affected by an energy on every level—spiritual, mental, and physical—can we undergo a raising or a lowering of understanding. Sadly enough, we cannot reach either the light of awareness or the darkness of disillusionment through another's experience, regardless of how earnestly it may be shared with us. When we attempt to accept another's understandings, another's learnings, we are denying ourselves from receiving a patterned energy that would afford us such knowledge.

Notice that even if you should choose to accept another's word about a situation, you will more than likely end up choosing another experience very close to it so that you will be able to gain from the event as he did.

How often have you said, "I told you so," because someone ignored your advice? If that person had accepted your advice, he or she would not have truly learned from the lesson to be gained from undergoing

the experience. He or she would merely have accepted your path, your personal truths, and thereby have forfeited the teaching to have been received by experiencing the event.

Due to the polarity of Earth, the wise individual understands clearly that those experiences which produce the greatest sorrows may also be those which provide the greatest gainings.

Painful lessons and sorrowful events permit us to look deeper into ourselves. We must experience life to have learned from it, for an interaction with matter is necessary to create the energy that will lend to our awareness.

I am greatly troubled when I hear sincere men and women complaining that Satan has beset them with adversities. Understand that many events are Soul-chosen. A particular life may have been chosen for the probable destiny that will result in greater learnings.

If we perceive our tribulations as acts of evil directed against us, we have interwoven them with a rigid belief-construct that will also prevent us from understanding the events and receiving the awareness that each will contain. If acts of evil afford us our greatest learnings, we would have to wrongly surmise that evil brings awareness.

If we persist in viewing our afflictions apart from God, separate from the vibrations of higher awareness, we can never utilize them to make our greatest gainings. It is best to meet afflictions head-on, so that we may pass through them solemnly, accepting them with faith and humility. If we could view our sorrows set apart from our emotions, we might see them more clearly as the tools that dug deep into our heart so that the seeds of love might more fully grow.

It is a good practice to make a list of all the good things which have evolved from an act that at the time seemed totally evil. In such a way, you will help to prepare yourself for lessons to be learned from future ordeals.

We must attempt to make simple sense from our

sorrows. Many people have become severely depressed when they have decided that God is punishing them for a particular wrong.

Our judgments, our punishments, are self-inflicted. By our interactions, by our creating and gathering the energies which we have caused to come into being, we grow or we stunt ourselves on every level of our being.

The "sins," the chaotic energies which we create and gather to us, affect us on every level—mental, spiritual, and physical. The judgment of sin is immediate, for it is suffered by the self that gathered its chaotic vibrations unto himself or herself.

We would not know true joy if we had never tasted of sorrow. We would not recognize contentment if we had not met adversity. We would not appreciate the beauty of forgiveness if we had never suffered the ugliness of having been accused.

Perhaps we might visualize the Earth plane as a great metal-working shop in which we are continually being heated in the forge and hammered on the anvil. If we can permit such an analogy, that we are as pliant metal being shaped by the hammer of experience, then we can perceive that we might be formed into an even greater creation than we would otherwise have been.

Those who are aware as they are heated in the forge of trials and tribulations will understand that life will surely hammer away at them. The blows may hurt them and stun them, but they understand that the blows will never misshape them. They have the greater awareness that the blows will cause them to become more perfectly shaped until they have become tempered, polished, and magnificent to behold.

Our greatest victories come when we are faced with the battles of life and emerge triumphant.

If there should remain in your wounded heart an event that still pains you and of which you have not yet perceived the gaining thereof, be your own alchemist and change it from sorrowful lead to joyful gold.

Recall your attitude, your understandings, the ways in which you looked at life *before* that event occurred.

If your attitudes, understandings, and perceptions have not been altered, you may be blocking the true recognition of that event by not wishing to grant credit for growth to something that caused you terrible pain.

Continue to review the situation in a calm and aware manner, suffused with the truth that those things which cause the greatest pain can also grant the greatest knowledge. Repeat this process of review and recognition until you sense your awareness becoming altered and elevated.

When awareness is consciously attained, you can actually feel the charge of electricity in it, for it will bathe your body in most pleasurable, harmonious vibrations. You will be able to detect an elevation in your overall frequency when you are sensitively attuned.

On the other side of the coin, of course, you can also feel chaotic energies—a repulsive, prickling sensation, a lowering of your spirits, a depression.

Keep your attitude harmonious and do not permit discordant energies to assail your psyche.

* * *

CHAPTER TWENTY-ONE

Alchemy– Transforming Lead into Gold

Alchemy was an art in medieval times which sought to transmute base metals such as lead into gold. Alchemy sought also to discover a universal solvent to life's problems and to provide one with an elixir of immortality.

You can be your own alchemist through achieving higher awareness, higher consciousness, thus elevating the understandings of your subconscious and conscious mind and causing a strong energy to exist that will be patterned after your total awareness. This energy can then be applied to the vibrational frequencies of the most discordant of experiences, enhancing them, elevating them, transforming them. You will be able to transmute the "lead" of a discordant, imbalanced experience into that of a golden opportunity for further growth and understanding. You will also be able to enhance a harmonious vibration into one of even greater potential.

All of our great prophets, master teachers, and saints learned to become their own alchemists. Consider Jesus, who took the most destructive experience of all, his own crucifixion, and transmuted it into a golden opportunity for the gaining of all who follow his way.

You have heard of those men and women who, having experienced a great disaster in their lives, seemed mentally and spiritually unaffected by the destructiveness that might have been theirs. You may have witnessed someone calmly undergoing an experience that would devastate another and actually become elevated into a greater awareness.

Such men and women are those who, through their inner-knowing, do not permit a discordant event from destructively affecting their psyches. They have learned how to become their own alchemists and how to transmute the chaotic vibrations, normally inherent in negative situations, into occurrences that are harmonious. They have mastered the mental art of changing the "lead" in their lives to golden opportunities.

All things on Earth are holistically interrelated, dependent one upon the other for existence. Because we live in a polarized world of positive and negative principles, our interaction with all that is around us—be it organic or inorganic—will either be harmonious or discordant in nature. Consequently, all that we will experience from our interactions with all matter—be it of our own doing or as the result of another's doing—will either be harmonious, thereby increasing our vibrations, or discordant, thereby decreasing the emanations of our vibratory frequencies.

Many believe that we have little or no control over how an experience will affect us. Many simply accept that we are at the mercy of fate whether we will receive harmonious or discordant vibrations from an experience. But with awareness, we receive self-mastery. We gain the ability to transform destructive experiences into ones which will be harmonious to our total self.

That which you experience can affect your total being only to the depth permitted by your awareness. The relationship of any event to your purpose in being depends upon how much your awareness allows that act to affect you. The ability to control the degree to which an occurrence or an experience affects you is dependent upon your understanding of the true nature of all

things. It is completely up to you to assign any event the degree of importance to be correspondingly felt by your physical, spiritual, and mental selves.

In each of us, it is the mind that serves as the medium through which all experiential data must first be received before it can affect our conscious and subconscious selves. Due to the physicality of this world, of course, matter can affect us without the mind's involvement, but it still remains to the individual to determine how great that effect will be and how greatly it will affect the psyche.

A difficult lesson for many to learn is that in this polarized world, that which gives us our greatest loss can also give us our greatest gaining. What we perceive an event to be depends upon our understanding of it, and it is our subconscious and conscious levels of mind working together that create our awareness and shape our perspective of an event.

An emotion can be an enriching element in an experience or it can deter one's ability to see the truth of a matter. Once you have gained awareness, emotion can always work for you in that it will aid you in attaining a more profound in-depth experience. Emotions are to be considered as tools, which may permit us to better experience an occurrence in our lives. But we are never to permit emotions to use us, for they can so easily betray us.

We can all remember a time when we at first perceived an act to have been very damaging to our total psyche, due to our discordant emotional reaction. Later, after the chaos of emotion had died down, we understood that event as having been one that gained us great awareness.

Emotion cannot be denied altogether, however. Those individuals who have gained the insight that emotions can have damaging effects and have thereby sought to remove all emotion from their lives by becoming completely detached have often become victims of another kind of imbalance. Emotion is necessary to permit us the total experience of an act or an event.

Whether the occurrence is of a physical or a spiritual nature, we must experience the emotionality of it to have experienced it *fully*. Therefore, what is required is the balancing, not the banishing, of emotion.

Some people seek such balance by creating mental "shields" to protect themselves from life's slings and arrows. Regretfully, such shields to protect the conscious self may actually encase the entire persona and shut them off from the spiritual world, as well as the physical world. Therefore, the subconscious, creative awareness, and the contact that it has with the higher, spiritual world of angelic interaction, is also blocked by the barrier that is encircling the conscious self. There is no mental barrier that we can create that is not also polarized, that will not affect both the spiritual and the physical contacts to be had from the totality of all life around us.

When your subconscious mind is aware and able to function fully, it serves as an informant to your conscious mind. It is the harmonious interaction between the two that grants you the *energy* of your awareness that causes you to bring that awareness into the world.

But when your conscious self has been encased in a protective shield, the subconscious mind cannot inform it of the awareness it creates or is channeling from beyond. The damage thus caused to your greater good becomes even greater than if you had not created a shield at all. Ironically, therefore, the shield which you caused to protect your conscious self may end up being used against you, undermining your way of going.

And it should be noted that your shields may range from cigarettes, various stimulants, alcohol, and drugs to haughtiness, an abrasive manner, or false feelings of superiority. Dependent upon their degree of use, of course, but shields, whether expressed in mental mechanisms or physical actions, serve to make blunt or weaken the individual and to lessen the awareness that might be gained from life's experiences. When one has attained total awareness, shields are not necessary to aid him or her in facing life. Instead of a shield of either a

mental or a physical variety, one can learn to become his or her own alchemist and transmute discordant events into harmonious ones.

Remember that your subconscious mind, the positive-feminine part of your psyche, contains the awareness which you have come to know in your present life-experience, and has the ability to interact with the Soul and to gain the awarenesses which it contains. Your conscious mind is that negative-masculine part of your psyche, and it must embrace the awareness of the subconscious in order to be fully prepared for life. When your conscious and subconscious aspects of your mind are working together in a balanced way, an energy is caused to exist which is patterned by the awarenesses contained in the subconscious self.

Dependent upon your level of awareness, this patterned energy will be harmonious or discordant in vibration, and it will be applied to all experiential data which the conscious self receives. It is, therefore, up to you to enhance the vibrations of a harmonious experience or transform discordant ones altogether. How you deal with any situation depends upon the patterned energy which you have permitted to represent the totality of your awareness. By so confronting each event in your life, you are serving as your own alchemist.

And as you continue to gather more harmonious energies into your being, you will be elevating your vibrations so that you might one day return to the Source, bearing the many fruits which you have gained from the richness of your experiences.

* * *

OF LOVE

When you are in love, you are concerned with the giving, rather than the receiving.

* * *

Love's sorrow is to awaken and find one you've never known.

* * *

It is better to love than to feel hate, and better to hate than to feel nothing at all.

* * *

You must first love yourself before you can have love to give, and you must first respect yourself before you can respect others.

—Francie

* * *

CHAPTER TWENTY-TWO

Finding Your True Love

The extreme disparity that separated the sexes for thousands of years is rapidly diminishing. The opposite sex isn't quite so opposite anymore.

The stereotypical roles which we were once to assume as behavioral role-models—the career-minded male and the housekeeping female—are no longer being taught and touted as divine and sacrosanct laws. Although one still views the stubborn remnants of such clichés in the various entertainment media, where too often women are lacking in brains and clothing and are willingly subjugated by insensitive macho men, more and more modern females believe themselves to be capable of both careers and motherhood, and increasingly large numbers of males insist that they can function as provider and house-husband.

Men and women are recognizing how alike they truly are in their responsibilities, their needs, and their basic desires. And they are willing to admit openly that they both enjoy sympathy, human warmth, and the support of others.

The extreme polarity so long evidenced throughout society is lessening in its intensity. Soon a balance will be established between male and female, and the ex-

pressions of sexuality will be equalized.

Often things manifest outwardly before the true birth is achieved inwardly. This is most obvious in the contemporary styles of dress, where boys' and girls' clothing become interchangeable. And look at today's social dancing, where there is no dominant partner leading the other. In our personal relationships, as well, the two sexes are coming to share equally in all responsibilities which are allotted to the situation.

As sexual polarities diminish and equality and balance within is even more greatly achieved, men and women will walk hand-in-hand into the future, accomplishing more than they ever did while opposed to one another. Opposites will no longer attract, but likenesses will prevail in personal relationships.

To comment a bit more about the above statement, it was for a time a prevailing truism that those with opposite personality types would frequently be drawn to one another. Sometimes this appeared to be a matter of one of the partners compensating for a deficit in his own personality which he felt the other supplied. The "spark," the attraction, that occurred between opposite personality types was often merely that of an erotic type of fleeting love. Two strangers meeting may sometime precipitate such a spark of physical attraction, but it is not a lasting thing on which to build a long-term relationship.

Erotic love rarely has the opportunity to develop into anything more, for the two people involved generally have nothing else in common upon which to continue their interaction. In its initial stages, erotic love may easily be confused with true love, for the emotions may deceive the receptive heart.

Erotic love seldom lasts beyond the stage of getting to know one another. Researchers assess the average length of time for erotic love to continue is under eight months. Rarely can it exist more than a year.

Erotic love is an expression of passion, an emotional attachment. There is seldom a giving of self, but, generally, only a taking of the other for the purpose of

momentarily satisfying sexual hungers. Those men and women who become involved in such a fleeting type of love are usually seeking support for a weak, imbalanced personality.

The energy-entity that is created by this type of conjunction will be one that will never mature. It will be misshapen, weak, and spawn disillusionment for those who have created it. Very often one of the partners will, of necessity, become subjugated to the will of the other, until the death of the energy-entity occurs, and those involved part company.

Erotic lovers are those who are not aware of their spiritual selves. They lack the awareness of their Soul, and they exist without knowledge of the Divine Plan of God.

It is tragic when a sensitive, loving, balanced individual falls in love with someone who is capable only of erotic love. Once the intimacy has been exhausted, the conquering partner will lose interest and dissolve the affair. The one who truly loved must suffer great pain, and runs the risk of becoming embittered and reluctant to love again.

Erotic love is conditional love, for there are many stipulations placed on such a fleeting form of love. Conditional love is love whose strength has been weakened, whose purity has been diluted, until little love remains at all. Erotic love is just one of many forms of conditionally given love.

When you wonder just how much love you truly feel for anyone or any living things, you need only ask yourself how many conditions you have placed on your love. In other words, how much love would survive if the object of your affections did not live up to all that was expected of him or her? How much love would remain if your spouse or lover did not live up to your expectations? If he or she did not return the type and the amount of love that you expected him or her to return? If he or she did not perform according to your needs, your wants, your desires?

Conditional love is the breeding ground of chaos, for

an imbalance exists within it, and there is much room for misunderstanding, misrepresentation, and discontent. Many people have conditional love for all living things. They love their friends *if* they act according to their expectations. They love their mates or their lovers *if* they deliver all that is expected. They love their pets *if* they perform according to their desires, *if* they obey all their commands. They love their plants *if* they blossom attractively and bring them the admiration of friends and visitors. But is this truly love?

Conditional love is a rudimentary type of love. It is a primary love, an undeveloped love. When given by an adult, it is a pretense of love, a mockery.

The fewer conditions we place on love, the more we have permitted that love to be strong. Love need never be earned. It should be given freely to *all* living things.

There is a well-known old saying that befits this conditional type of love in regard to friends. There are those friends who are only present when all is well, when there is a certain reward for any energies they might expend. These are called "sunshine friends," for they are only to be seen when the sun is shining. Many people can only give "sunshine" love—love that can only be seen when the sun shines and all is well, and which disappears when troubles creep in and darkness prevails.

When you think of the type of love you have for another, can you honestly say, in regard to that person, that you love him or her just for being, just for existing? Or do you place conditions on your love? If the latter is true, then the love you feel is immature. Conditional love is immature, undeveloped love. It is the first type of love felt by a child.

In the beginning of our lives we cry and call out for someone to provide our every need. We demand that all comforts and desires be supplied by another. As we begin to mature, we gradually cease in our expectations of others to provide all that we may need and desire, and we begin to obtain these things for ourselves.

The love a child in its primary stages feels is very con-

ditional, as well as natural, for the child is totally dependent upon others. Some people go no further in their ability to give love than they were able to give as children. Their love is still at that primary, undeveloped stage.

It is very easy to witness the conditional type of love that a child gives. We have all observed the anger well up within a child when his or her desires are not met. Many children have been heard to loudly voice their discontent or their hatred for a parent or another who did not live up to their expectations, their demands.

When we expect another to provide all of our needs, fulfill all of our desires, we are as children. The type of love such immature people are capable of giving is conditional love. Conditional love, felt by an adult, is love within that individual that has not been permitted to grow, to mature, to blossom. Instead, the conditions placed upon that person's love act as barriers, as tight enclosures which contain it so that even the growth of the individual is stunted, and love becomes doomed.

Those whose love is contained, whose love is immature and conditional, must learn to permit their love to grow. They must learn to remove the barriers they have erected, the conditions they have placed on their love. We must learn to love *unconditionally*, openly, purely, and to give unconditional love to all living things.

This does not mean that one who unconditionally loves another need permit that individual to victimize them, to misuse them, or to abuse them while they continue unconditionally, in close proximity, to give love. If any person interferes with another's way of going, if any person obstructs another's path to God and keeps one from fulfilling his or her mission on Earth, one can continue unconditionally to love that individual—but from afar.

In other words, we need not remain in the presence of such an individual, within reach of one so emotionally retarded. We should remove ourselves from his or her grasp and continue to love that person from a safer

distance. We should feel pity for such people whose energies are spent totally on themselves, or in ways of destruction, for they are imbalanced in their thinking, in their way of going, and are incapable of unconditional love. We should pray for such individuals, but we should never permit them to disharmoniously affect our lives.

Love unconditionally all living things, but be wise in your choice of with whom you will closely associate, so that you will not be subjected and victimized by those who do not know of love.

One should carefully consider the danger, the risk, and the small chance of success in matching his or her unconditional love against the love of another who loves conditionally, in the hopes of teaching that person to fully and openly love.

Quite frequently, the one who loves unconditionally will be the victim of the other, and with ensuing despondency and inevitable depression resulting, he or she may feel in fear of ever again unconditionally loving another.

Those capable of unconditional love should primarily seek the close company of others who can also love unconditionally, so that together they may unite their energies, thus becoming stronger, and together expend their efforts toward aiding many others less aware.

In the coming years, those men and women who have awareness will increasingly become attracted magnetically to those who are like them. In addition, they will be attracted to those regions on the globe where balance and vibrations of the highest, most harmonious, order exist.

Those who live in accordance with the Divine Plan, who love *unconditionally*, will travel to those areas and form major enterprises, communities, and spiritual centers with others of like vibration. Those people who have Soul contact will be drawn to those of like nature so that they might aid one another and others in surviving the difficult coming times of transition. Those

men and women who reflect their Souls will inherit the new Earth that is being born.

As we have learned, each person is but a fragment of his or her Soul, so those men and women who reflect their Souls can only become appalled by the behavior of those who live without unconditional love and without awareness of the spiritual self. A true and lasting love is possible only between two people who reflect their Souls, who live in accordance to the Divine Plan of God. Love between two individuals who have attained higher awareness, who have learned of their spiritual heritage, and who have achieved a balance within which leads them to a similar goal, have found a love that is true and lasting.

Brad and I were drawn together to fulfill our purpose in being. We are alike in our sense of mission, our goals, and our dedication to raising the consciousness of humankind. We seek always to give of the spiritual gifts which have been bestowed upon us. We are lightbearers, and we try daily to reflect the ways of our Souls. It is our everlasting wish to live in fulfillment of the Divine Plan of God and to permit such knowledge to affect our actions and our interactions. We desire earnestly to continue to be children of the Christ Vibration, children of God.

As we have sought fervently to practice the above, our love has been allowed to grow. The energy-entity that was created by our union has been permitted to evolve toward ever greater maturity. We can now begin to take from the marriage in equal measure to that which we put into it, thereby keeping the energy of our union in balance, so that its strength might endure.

As I have said, in the New Age soon dawning, opposites will no longer attract. There will be peace, harmony, and balance between the sexes, and those who reflect their Souls will join in unions with others who live according to the Divine Plan.

The difference between the two types of love wh result in either conditional, erotic unions or unco

tional, true-love unions is depicted in the following poem:

LOVE'S DIFFERENCE

When 'tis not love, but merely passion,
It gnaws with hunger deep within,
And feeds upon the nearest flesh,
And leaves one empty once again.

For want of comfort, stirred the longing,
And fears in life did spur it all,
A seeking of a true love feeling,
And no one answering to the call.

But when 'tis love a glow does grow,
That emanates from heart and soul,
And fills one's limbs in expanding fashion,
Far surpassing normal passion;
And reaches forth as an endless river,
'Til there's no line 'tween receiver and giver;
Scattering itself 'cross all life's scenes,
Fulfilling lovers' hopes and dreams.

—Francie

* * *

On its own, the human facet is without depth, lacking awareness of its spiritual self and its spiritual heritage. Lacking such insights, the human facet is no higher than the instinctually led animals of the field, for its concerns will evolve totally around its needs and its survival. Devoid of such awareness, it will be insensitive to the feelings and the needs of others. It will be given to thoughtless, reckless, or even destructive acts. It would be totally involved with its own ego, its own self-satisfaction.

Regretfully, there are far too many men and women

who fit the above description. Alas, it may be that the majority of people have not yet learned to reflect their Souls, to live in accordance with the Divine Plan, and to practice unconditional love.

Love is far more than a state of mind. Love is the highest of all vibrations that exist here on Earth. Unconditional Love is love in its purest form.

When we believe ourselves to be in love with someone, but do not feel love for all living things, then we do not truly love that person, nor do we know what love truly is. We are practicing conditional love with all of life; love with strictures and rules placed upon it. We are expressing the kind of love that says, "I'll love you if you love me . . . I'll be good to you if you do certain things for me." Conditional love is more a form of bartering, than loving.

Love is not just a feeling that we have for one person . . . or even for several . . . it is the ability to care truly, unconditionally, for the welfare of other living people, for all living things. Love is the power of life. Love is the highest frequency available to humankind, and it must be expressed toward all living things. Love flows throughout the Christ Vibration, the Divine Plan of God, and nurtures all that it touches. Love is God.

In order to understand fully the concept of unconditional love, you must first become aware. You must practice meditation in order to attain contact with your Soul. You must live in accordance with the Divine Plan, so that you will be magnetically drawn to others of like interests, beliefs, goals, and mission. You must learn to channel your energies harmoniously, lovingly, before you attempt to enter into a love relationship with another.

Before you will be capable of giving true love, the energy which exists in your mind and in your heart must be unrestricted. Any restriction in your attitude of love will not permit your system to vibrate to its fullest capacity. Such restriction can literally, disharmoniously affect the complete electrical system of your body, creating an imbalance and a malfunctioning of your

glands and your various organs, and disease will ensue.

Unconditional love allows the spiritual body and the physical body to vibrate with health, to become rhythmically attuned, and to function as a totally balanced vehicle of your energies.

Evolved, Soul-reflecting individuals will join with one another, and the joy that issues from such unions is without boundaries. Male and female counterparts truly share with one another and expand in all their thoughts, words, actions, and goals. Such partners go forth to accomplish many deeds together, acts which will benefit them as well as all of humankind, which in turn benefits all of life, fulfilling God's Plan. Mates who are attuned to one another will experience the heights of true ecstasy and will come to understand fully the complete meaning of that oft-spoken phrase: "And they shall become as one flesh," united under God.

When people who reflect their Souls join together, all that they will do will be blessed, and they will be as one.

CHAPTER TWENTY-THREE

Rearing the New-Age Child for Tomorrow's World

We tend to raise our children by the standards which are in vogue. As best we can, we attempt to pattern our children according to the general disciplinary attitude that currently governs our society.

There have been times when it has been commonly accepted that a child should be seen and not heard. Children were not permitted to speak their views, and they were frequently exploited as cheap labor who dared not voice an objection. Discipline was exceedingly harsh, and strappings were commonplace. Fathers boxed their sons' ears for minor infractions of behavior, and mothers dared not interfere with what was generally believed to be the proper form of correction.

As a pendulum extends its measured span from one side to another, so have the techniques of child rearing swung from one extreme to another. Following the times of extremely harsh discipline, there have been periods of practically no discipline at all, in which children not only spoke their opinions, they shouted pretty much whatever they pleased, vociferously objecting to their parents' wishes.

Let us hope that such divergent methods are behind us, and let us now strive for a workable middle ground

in the rearing of the New-Age Child.

A realization should be reached by the parents that a child should be permitted to express his or her feelings and to expend a certain amount of energy, but no child should be permitted to lose control of its emotions. Children should be taught to respect the parents' views and the guidelines which the adults will provide. At the same time that the parents are restricting behavior, they should also make their children aware that love is always available to them throughout their entire learning period.

If you are a parent now, or about to become one, you will want your child to be unhampered in its personal realization of life. You want your child to be capable of conversing intelligently, while at the same time expanding his or her concepts and knowledge through interaction with others. And you will certainly wish your child to be respectful and compassionate in all relationships with others.

As a sensitive individual, you are quite aware that a New Age is dawning throughout the entire world. There is a new seedling emerging, and a new generation will come to live, love, and flourish as no other has been able to achieve in the history of this planet. At this time above all, the role of a parent is of utmost importance, for you will have a part in the age that is about to commence. Now more than ever you must observe the ways to guide, to rear, and to aid your child, for it is you who will usher in the child of tomorrow's world, the Star Child.

> The Mother cried from Creation's pain,
> "He's mine, all mine! From my body he came!"
> And God spoke: " 'Tis but a fragment of life, a part of the whole. To you, your child. To me, a Soul!"

At once, you, as a sensitive parent, should practice in earnest a chosen form of daily meditation in order to establish full communication and receive guidance from

your Higher Self, and your Guardian Angel. And, through such meditation, you will also come to know the angel who guides your child's Soul.

You will also come to understand that your child is not truly yours, but it belongs to the Christ Vibration, to all of creation, to God. You and your spouse may have created the flesh of your child, but you did not create its spirit.

You and your spouse are the Soul-chosen earthly guides of your child. It is your responsibility to show your child the ways of love and to give him or her lessons in living and in understanding. By teaching the ways of proper living and loving you will aid your child's spirit in its return to the Creator from whence it came.

It is only because of ignorance that we hinder a child in attaining the truths which must be learned. In ignorance we violate our children and thwart their learning processes. Through our lack of knowledge, we fear all that we cannot understand.

We fear the continual changes that are evident throughout life. The thoughts, desires, and freedoms of our childhood pass. The pets we once cherished as a youth have all died. Our childhood friends have dispersed, and we see them no more. We eventually suffer the loss of our parents, our siblings, and we sorrow at the passing of our youthful ways.

All of these painful, even shocking events, cause many of us to desire permanency. We begin to cling to all that is around us—our family, our children, our job, our traditions—for we are so afraid. We also attempt to control our surroundings, thinking that if we had control in our life we would have prevented so many of our sorrows.

Permanence is an impossibility on Earth. All is changing; nothing remains as it began; frustration and unhappiness result for those who are unaware. For those who do not keep in mind the greater plan, frustration kindles the fire of anger; anger is vented toward all that cannot be controlled. Hatred flourishes,

ravages, and destroys the lives of those who are unaware.

Because of fear engendered by lack of awareness, many parents seek to control their family, their spouse, their children. They become commanding and demanding: And they instill resentment and anger. They eventually cease the functioning of the family union and its ability to act as a harmonious, productive unit.

A parent who is unaware cannot be a proper guide for a child, nor can such a person be a proper type of mate. One who is unaware of his or her reason for existing cannot fulfill the purpose for being. Such a person cannot be a part of the Divine Plan, cannot be a Child of God, a Christ Child.

We must never desire to control another, nor should we attempt totally to control our children. Instead, we should consider our role to be that of a guide.

Remember that the feminine aspect, the positive principle, of our mind is that which forms, which creates. The masculine principle of our mind, the conscious-negative principle, embraces and guides the energy of that created thought into being. The primary function of a parent is to teach the child the ways of a *balanced* mind, the ways of a balanced perspective.

All children to be balanced mentally, physically, and spiritually must receive a *balanced* training. Both boys and girls must receive encouragement in their creative abilities in order to discover which ways they can best express themselves, and discover their full potential, their purpose for being. They must also be guided toward those types of creativity which are productive, harmonious, and balanced.

Children must be taught to control their behavior, for self-control is an aspect of the governing and discerning facet of the conscious mind. They must be taught to guide their energies into fields of endeavor worthy of their efforts. They must learn to perceive the rights of others. They must learn to interact with all of matter in harmony with the Divine Plan, for such is the way of God.

Your child is not just a mind that you must teach and a body that you must feed, clothe, and shelter. You must also see to the needs of your child's spirit.

Your child must, therefore, be taught how to make spiritual contact, to channel personal teachings from the Higher Self, to receive guidance from his or her Guardian Angel. In time of need, your child must have established a path to travel that will bring comfort and direction. In this way your child's energies will be spent in accordance with the Plan of God, the Christ Vibration.

When you assume the responsibility of rearing a child, think, then, in this manner:

There will exist in my home a being whose spirit and whose Soul came from God. I have been Soul-chosen to be the guiding light on Earth for this child, so that his or her ways might be governed wisely; so that the creation forces inherent in its mind will be expressed; so that whatever spiritual gifts given to it by the Holy Ghost will be used to bring others the light of awareness and the knowledge of God.

This Soul of this child has chosen my spouse; the siblings whom it does, or will possibly, have; the race that we are; the neighborhood in which we plan to live; the country in which we will reside; and the creating and the gaining of the energies to be had from all the experiences which it will have on Earth.

One day the spirit of my child and that of its Soul will return to the Source, and the way that I have reared my child will be reflected in that return. The responsibility is a great one, but I will do it for the fulfillment of the Divine Plan for the glory of God.

It would be ideal, of course, if such an awareness might be realized by both the mother and the father *before* the child is born. In this way, preparatory measures could be taken on every level to ensure a more balanced interaction, and both parents would have carefully examined their responsibilities to the family unit.

Your child is an energy-system you both have caused

to exist, and is patterned genetically after the coding of you and your spouse. It will be further patterned by the material climate and the spiritual ways which are practiced in your home environment. Your child is the patterned-energy that comes from the union of the fleshly positive and negative principles.

In the early days of its life, your acutely sensitive baby will be totally dependent upon you and its developing senses for its protection. You must be keenly aware of providing the proper visual and verbal stimuli for your child. Your baby's nervous system is yet uncalloused toward the blaring and discordant sounds of the world.

Music can play an extremely important role in setting tranquil moods in calm environments. Your child should never be bombarded by harsh, loud music. It should, rather, be soothed by soft, gentle music, such as the symphonic strings of an orchestra. Be immediately alert to the fact that shock and chaos are ways of the world which should be avoided if you wish to teach your child of harmony, balance, and love.

The effect of colors on humankind is well recognized. Bright colors show forth in splendor at our carnivals and parties. Somber hues decorate our affairs of state and our funerals.

Certain colors may irritate, while others may calm. In an experiment not too long ago, it was noted that people making telephone calls from booths painted blue tended to make longer calls than those phoning from the booths whose interiors were painted in red. In fact, those people in the red booths were said to have become abrupt, rushed, and nervous in their vocal mannerisms.

In another experiment, both blindfolded and blind volunteers ran their fingers over various colors to determine if they could "feel" the various shades. In several repetitions of this test with numerous volunteers, it was found that red caused a tingling, almost irritating sensation. Blue was described as feeling cooler than most of the other colors. Orange was described as a warm, slightly tingling color, and so on.

A wise parent chooses "calm" colors for their child's

room, as well as its toys and clothing. The stimulating color of red should only be used for toys and play clothes, unless the child gives evidence of being hyperactive, then calmer shades should be used. Yellow is a cheery, happy color, jolly as the sun on a fun-filled summer's day. Green is the color of nature, of life, of healing and regeneration. Blue is cool, soothing, and refreshing. Violet is a color that aids in achieving balance. White permits all the colors in the light spectrum to be reflected. White is a good color for your child's curtains and room, especially if there are large windows which permit sunlight to enter freely.

All toys selected for your child should be chosen with care and with regard for the Divine Plan. Toys provided should be those which stimulate, educate, soothe, and emanate love. Avoid toys which promulgate destruction—rubber knives, guns, weapons of war.

Teddy bears, dolls, and soft, cuddly animals should be given to both boys and girls, for we want our sons to be as capable of tenderness and affection as our daughters.

To repeat a note of caution: If your child displays a tendency to be a bit hyperactive, avoid violent toys; bright, garish colors; loud, harsh music, gaudy clothing. You should also eliminate any fluorescent lighting in your home, and remove food coloring and processed white flour and sugar from his or her diet.

Introduce all toys to your child in a loving, pleasant manner. Take the time to show the child the proper manner in which the toy should be handled and respected.

If you need an occasional barometer of your teaching methods, observe your child playing when he or she is unaware of your watching. Such constructive spying will teach you a great deal about your child's understandings of life. A child who is shoved, treated harshly, slapped or screamed at, will almost certainly respond to their dolls, stuffed animals, other simulated lifeforms, and toys, in a similar manner. If you should observe your child slapping, beating, shoving, or throwing its

toys about, correct him or her *firmly*, but lovingly. At the same time, begin to watch very carefully your own interactions with the child, your spouse, and all those with whom you might be seen to interact.

Star-shaped, luminous decals are excellent for decorating the ceiling of your child's room. They are nearly invisible by day, but they glow beautifully by night, appearing as a natural starlit sky overhead. These glittering stars serve to attract the eye of the child, thereby preventing it from noticing the darkened corners and shadows.

You may decide to become inventive and place the stars on the ceiling in the shapes of zodiacal signs, the Big and Little Dippers, his or her name, and so forth. In a darkened room, the child becomes sleepy as it peers upward at the decals, twinkling as if they were real stars. Instead of a plain ceiling, your child has been provided with a simulation of natural beauty, God's handiwork.

Love cannot be overemphasized in the raising of a child. It is the lack of love that kindles the fire of resentment and hatred, thereby blocking the flow of compassion that should be given to all living things.

There should exist at all times the sound of love in the parent's voice—a soothing sound that seems to be saying, "Hi, I love you!"

A smile should always greet the child, sometimes accompanied by a raised eyebrow as if to silently say, "I notice your presence and I am very pleased."

Obviously a frown toward a disobedient child—or one about to disobey—will carry far more weight if that is not the expression most frequently worn by the parent. The only "weapon" a parent need use on a wayward child is a change of expression from an approving pleasantness to a frown, and the cessation of the loving soothing quality of the voice to a *slow*, strong, monotonish sound. The child will hear and notice each and every word, and know that it is being corrected for a disobedient act.

After the child has ceased the action that brought about the necessary discipline, a flow of love should im-

mediately return to the parent's voice and a smile of approval should be seen on the face, so that the child will know that the act of self-discipline was as lovingly approved as is the child's ways once again.

When in private, a child should be taken to a room other than the one in which the incident occurred, and the reason for his or her discipline should be carefully and firmly explained, without interruptions. A different atmosphere can aid in calming more chaotic emotion. After a thorough explanation has been given, a parent may ask if there are any existing misunderstandings of that which the parent just explained.

"Whys" should be answered lovingly but firmly when explaining your actions to a child. A game should *not* result from this. After all is understood, the child should then be held and shown love before being returned to the room where the discipline became necessary.

Never embarrass your child in public. No purpose is served by such an action, but an undermining of your relationship with your child may easily result.

Frequent threatening is totally uncalled for and is employed by an immature parent who cannot handle the situation.

If you have become so upset that you have physically taken out your frustrations on your child, show genuine sorrow and ask for forgiveness for such a violation of your child's mind, spirit, and body. Explain that you know that you acted in a wrong, foolish manner and promise the child that you will earnestly try never to behave like that again.

When your child sees a parent bullying his or her child or a child slapping his or her younger brother or sister, you should choose this time to inject many teachings and thoughts of awareness in your child. This can be accomplished by presenting questionlike statements such as, "What do you suppose is the reason she is treating that little person like that? Isn't that sad?", or, "Why do you think he is slapping his brother? I feel so sorry for that poor little one!"

A child who has been reared correctly with love and made aware will answer along these lines: "Because he is unhappy, and he doesn't know what real love is," or, "She is taking out her anger on a little person that can't help himself."

Then ask your child further, "What do you think that will do to the little one?"

And the aware child will respond, "Teach him anger and hatred. See how hurt and angry the little one is acting now." Then agree with your child and lovingly praise him or her for being so correct and wise.

Always keep in mind that a child, observing an angry, bitter parent, has lost much respect for that parent. The child will be further guided the improper way if it observes the same angry parent displaying false behavior when approached by another adult. A child watching such a parent feign a sickeningly sweet manner, listening to him or her pretend an assumed, conjured-up joy, and then observing the disposition of the parent immediately return to anger or hatefulness, upon the leaving of the adult soon learns the ways of subterfuge and deceitfulness.

Even more damaging to the child is to observe a parent fawning over another, and then hear that parent make a disparaging remark as the person departs. Can that child trust such a parent? Has he not learned deceitful behavior firsthand? And has he not seen the guiding qualities of his own parent teach the ways of dual behavior, two-facedness?

It is of utmost value on many levels to raise your child with the belief in God-the-Mother, God-the-Father, and God-the-Child, the Divine Plan, for God is all three, the Holy Trinity of the Mother-Father-Child. Tell your child that he or she is unconditionally loved by God and all the Angels, and must in turn love unconditionally all living things.

Children must be taught that no matter where they may go or whatever happens to them in their life, they always have their Heavenly Father-Mother-Child creator that will love them, they will always have their

angelic beings to assist and guide them. This belief will help to sustain them and to keep them in total balance when you may falter or fail in your raising of them, or when life appears unreasonably cruel.

We ourselves cannot be perfect at all times, for we are trying to overcome the imperfections which occurred in our own rearing.

We should, therefore, emphasize that we are merely the Earth parents and that the child would better pattern him or herself after the Heavenly Parents, rather than duplicating our errors. If we teach the child the balancing perfections of the Heavenly Parents—God the Mother and God the Father—the balance of love given universally to all living things, the compassion and understanding shown to humankind, the ways of Divine Justice, reaping what one has sown, and so forth—we will have offered a better guideline for the child to follow and present a higher goal to attain.

This teaching of heavenly Mother-Father-Child is helpful in many ways. The security and the perfections of unconditional love that exist in the Heavenly Realm, which are available to all who are in need, will provide a retreat and a buffer from life's many storms, thus providing your child with a firm foundation in those situations when it appears that all else has failed him or her.

The New Testament of the Bible provides many loving lessons, for Jesus came in the Christ Vibration, being a Christ Child, a son of God. One need not be a Christian to gain from many of the lessons of unconditional love which are contained in Jesus' teachings.

* * *

TALES TO TEACH BY

Go not by Mother Goose you see, for teachings are what needs to be;

Her tales of woe and rhyme tell naught of life's battles that must be fought.

'Tis not bare cupboards, mice with chopped tails, and sheep sought o'er mountains and dales,

That teach your children what they should know, for seeds of love must they learn to sow.

But stories of those who fare not well when cruel to others must you tell;

Of God's own justice that gives to man all he has wrought by his own hand.

Let these tales be woven of gossamer lace, with Knights and Dragons that meet face to face.

Many lessons of love must be there, too, to remain in their hearts their whole life through.

—Francie

* * *

When your child is of an understanding age, you should create stories which contain within them the lessons you are trying to convey. These stories should always show the importance of love, the reasons for

truth, and the purpose of living. They should seek to demonstrate, through a form of picture-language, why thoughtless actions are undesirable, why certain acts are cruel and how loving actions achieve the desired results in life.

HOW TO WEAVE A TEACHING TALE

Make a mental note of the child's principal acts of disobedience or disrespect which were shown that day. Prepare to weave a bedtime tale around such acts in order to teach your child why such actions are undesirable.

Bedtime is an especially good time for such a lesson, as the child has been bathed, made comfortable, and relaxed. He or she is also weary from the day's activities, and will have fewer distractions from the teaching time.

Say, for example, that your child balked aloud when you wished to clothe him or her in particular attire, that he or she created a scene of disobedience and/or that your child angrily refused to eat an item of nutritional food. The teaching tale that you weave should be centered around an angry, noncomplying child.

It may be a good idea to choose the opposite sex for your story-child, so that your child will not feel that his or her actions of the day are being attacked. Such an early realization would place your child on the defensive, thereby blocking an effective learning of the important lesson to be contained within the tale.

You might also wish to place your central character in a completely different environment, such as a castle, a foreign country, or even another planet. The story-child, therefore, may be a prince or princess, an animal, or an alien child.

Care must be taken in disguising the character of your child, as well as the lesson to be taught, so that you will

not make your child unduly suspicious of your motives in relating the bedtime tale. The exact act of disobedience that your child displayed should *never* be used; rather, a similar act should be chosen for the story.

For illustration, if your child shoved his plate of undesired food away from him or her until it fell from the table, your story-child should be shown throwing an unwanted object at the person who gave it to him.

The basic steps which one should follow in weaving a teaching tale are: (1) Exaggerating the circumstances which portray the wrong action; (2) Relating *dire* circumstances which result from such actions, together with the great misery caused and felt by such actions; (3) Exaggerating the attitude assumed that shows disobedience; (4) The display of great sorrow by the story-child as forgiveness is begged and promises are given to repent; (5) The understanding, forgiveness, and compassion shown by those around the story-child; (6) How the story-child totally changed from such a poor behavior and how happy all those around him became; and (7) How happy the story-child was forever more because of his behavior change.

I cannot emphasize enough that you must spend great amounts of time with your child, with no other distractions. At *least* one or two hours a day should be devoted to a totally uninterrupted oasis of time with your child. There should be no telephone calls, no visits from friends, no household duties that might distract you. Both your friends and his should know this time belongs to your child.

Many things can be accomplished during this time. I have found that the first hour is best spent studying the anatomy of the human body, learning every minute part—such as the eye and its wonders, the ear and how sound is sensed and heard. Eventually the sex organs and their function will be the topic, together with birth and its beautiful process.

Each child should have a pencil and pad on which to draw and jot notes, and then a form of "happy" test

should be given. Praise the child and show your love, not only when he gets an answer correct, but even if he *errs*, lovingly correcting the error, showing great understanding as to how it occurred.

The next hour should be devoted to proper behavior, problems which occur in relating to others, and so forth. The child should be permitted to pour out his feelings on every subject.

This is also a good time for you to recall some of the problems you experienced as a child, for by so doing, your child will see that you have had similar feelings and have endured similar problems. Such a rapport will indicate to your child that you can better understand his/her daily trials and tribulations.

After this period of talk, there should follow a time of play. Wrestling, tickling, kissing, and plenty of physical fondling should be employed here. Enjoy your New-Age child.

Always remember that when the two of you watch television, movies, or listen to music, you can always be touching in some manner. It may be merely tapping your child's shoulder or lightly stroking back a wisp of hair. Rubbing his back or massaging his/her feet will provide him with a relaxed feeling in which he will easily be able to receive love.

If one parent is immature and fails to provide these lessons of love, the other parent must compensate for the failing of the immature one. It is best the mature parent seek a substitute parent, such as a loving grandmother to compensate for an immature mother or a loving grandfather to compensate for an immature father. If this is not possible, talk often of the mature loving ways of their Heavenly Father and Mother, of their Angels, who love them deeply, will guard over them, and try to help them in every way. This will provide the balance necessary for the child so that he will learn to love more completely.

It serves no useful purpose in the ultimate end for the mature parent to side with the immature parent merely

to present a unified front to the child. For to whom will the child be able to turn? It is better the child have one mature parent than none.

* * *

GUIDANCE FROM THE STARS

There have been a number of books written on astrology and children. Keep an open mind and explore the possibilities that such an ancient science might truly be able to offer you yet another means of discovering a deeper understanding of your child. It has always impressed me how uncannily accurate even the most simplistic of zodiacal information, such as the personality traits, seem to be. A little poem I wrote will acquaint you with this basic metaphysical science.

SIGNS ON HIGH

Forceful Arians with a confident stride;
Practical Taureans in whom you can confide;
Energetic Geminians with loving chatter;
Quiet Cancerians, pretending slights never matter;
The leadership of Leo, tempered with understanding;
Shy, firm Virgoans, who rarely are demanding;
The love of Librans, ever balancing a decision;
The conviction of the Scorpio, known for their precision;
Jovial Sagittarians with a loving manner;
Persevering Capricorns, determination their banner;
Idealistic Aquarians, being helpful is their goal;
Dreamy Pisceans, creative in their role;
All these are in the Heavens and sprinkled o'er the Earth,
Soul-chosen in their purpose and evident from birth.

—Francie

* * *

CHAPTER TWENTY-FOUR

A Trip to the Stars– Contacting Angelic Beings

This is a very simple technique for young and old alike that will assist all who regularly practice it. This visual imagery is a delightful method that will permit you or your child to attain higher levels of awareness, to develop mind control, to transcend the physical world and attain the spiritual, and to meet with your Higher Self, your Guardian Angel, and all the angelic beings.

This procedure permits one to achieve an altered state of consciousness and can be easily altered to suit your individual preference, *i.e.,* the dove upon whose back you soar to the heavens can easily be changed to playful Pegasus, the winged stallion of Greek lore. Or perhaps you'd prefer a fluffy white cloud which you will board and ride high into the heavens. You can even create the image of an angelic being who appears to take you by the hand. Only your mode of travel need change, while all else remains the same.

Until you became adept at altered-states techniques do not be afraid to use your imagination. If, for example, it is suggested that you conjure up a tree, a flower, or a bird in your mind's eye, you may not instantly receive a clear, independent visualization. But you surely know what a tree, a bird, or a flower looks

like, so go ahead and imagine one from your own memory. Once you have your imagined object firmly fixed in your mind's eye, you will be amazed how quickly some other tree, flower, or bird will come springing to life to take complete charge of your thoughts.

The important thing is that you do not block any suggestions given you, or permit your conscious mind to interfere with your creative level of awareness. Do not waste even a second worrying about what kind of image you should see. Just use your own imagination if the image does not appear at once. The essential thing is that you respond to any suggestions given and that you do not block the flow of energy from me to you. While you are imagining the images suggested, your own greater development, your greater awareness, will result.

You will find that this technique will be most effective for you if you select a time of the day when you know you will not be disturbed. Just before sleep comes, when you are not so tired that you will fall immediately into a deep sleep, is perhaps one of the best times for beginners, since it will be easier for you to relax in your own comfortable bed. If, however, you choose to use this method during the day, be certain to inform all members of your family and your friends not to bother you for at least one hour—and remember to disconnect your phone. Daily practice is suggested to obtain the greatest results and to reap the greatest benefits.

Soft background music is a delightful mood inducer, and it will assist you to create images. You may wish to record your own voice, *slowly* reading this technique into a cassette tape recorder, and then play the tape back, allowing your own voice to guide you, or your child, to higher levels of awareness. Or perhaps you may choose first to read through it and utilize your memory to assist you in taking your trip to the stars.

If you sincerely desire to permit your awareness to grow, you will have a wonderful sense of joy as you

receive guidance for your inner voyage of self-discovery.

With this technique you will be able to soar into the heavenly realm to receive your Personal Truths from your angelic beings. You will discover those spiritual gifts that are yours to receive from the Holy Ghost, and you will learn the ways these gifts can be utilized in your present life. All these things will aid you in fulfilling your destiny, the reason for your being. You will become a lightbearer, aiding all who desire to see their own paths to God more clearly.

Have a beautiful journey into the stars, and Heaven be with you.

* * *

ON THE WINGS OF A SNOW-WHITE DOVE

Imagine that you are walking toward a soft, green area of countryside—a beautiful, tranquil place. You select a lush, grassy area on which to lie down. You know this is the perfect place to rest, to find peace, to enjoy nature. It is, oh, so lovely, so peaceful. So lovely, so peaceful. Lie down, stretch out your legs, relax your arms, and take a nice, deep breath. Relax here in your soft, grassy bed.

You gaze upward, and you notice that the sky is the clearest blue, with fluffy white clouds spotting it now and then. Some of the clouds hang as if suspended. Some appear to be moving slowly across the arc of the blue, blue sky. It is all so peaceful, so lovely, so wonderful.

A golden-orange sun slips from behind a large, thick cloud, and you enjoy the warmth of its beauty. As the sun warms your entire body, you can feel yourself begin completely to relax. The soothing, gentle rays of the sun

warm each and every muscle in your feet, relaxing them. Like loving fingers, the sun begins gently to glide and relax the muscles of your legs—soothing, relaxing your legs completely. The soothing rays of the sun warm the muscles in your hips, your stomach, your chest, and in your back so completely, so wonderfully—softly relaxing you as your breathing becomes deeper.

Your breathing becomes slower, even slower now, deeper and deeper. You are becoming so very, very relaxed.

Now the soothing, gentle rays of the sun go deep into your neck muscles, going deep into your shoulder and arm muscles, relaxing, freeing all those muscles from any tightness. Now the warm, gentle rays of the sun slip up your neck and softly over your scalp, your face, and relax the muscles of your scalp, face and jaw completely.

You feel totally and completely relaxed, so peaceful, so relaxed. The entire area of this beautiful countryside is, oh, so peaceful, so beautifully relaxing.

The sound of a nearby bubbling brook adds to the beauty of this place. The trickling water lapping over the rocks will help to lull you to sleep. Small, exquisitely colored birds whistle and sing so melodiously. You watch them as they flit from tree to tree, from bush to bush. The beautiful sounds that they make are so lovely, so peaceful, so relaxing.

You are becoming more and more relaxed, and you find yourself breathing deeper and deeper.

A fresh, comfortable, cool breeze makes breathing so easy, and you find yourself breathing deeper and deeper. It is, oh, so peaceful, so wonderful. The breeze carries the faint, sweet fragrance of lilacs—a spring garden with a bouquet of aromas.

Any sound that you hear will not disturb you, but will serve to let you become more and more relaxed. Every sound that you hear will help you to drift deeper into this lovely, beautiful place. Your mind is aware of the sound of my voice, and the soothing lull of the forest

sounds. These sounds will help you to become more and more relaxed.

You are at peace here in this enchanted garden, and your mind is aware, aware of this garden setting and my voice. You are so peaceful, so beautifully relaxed.

Velvet flowers in a myriad of colors surround you. Luxurious trees encircle you with a healthy, vibrant green. A clear sky is above you, spotted with puffy white clouds. You are resting and taking deep comfortable breaths.

You look high into the sky and see a glowing, white, beautiful dove descending, coming right down to you. You feel so happy inside, so peaceful, and you hope that the dove comes close enough for you to pet. As the dove approaches, she looks directly into your eyes, and a feeling of love of the highest and purest form fills your entire being.

You now know that this is not an ordinary dove but a special kind of dove that comes from the place called Heaven. You enjoy the way it nestles lovingly against the palms of your hands, and your heart fills with joy as you lovingly stroke her glowing, white, feathery body.

You feel within that the dove is trying to tell you something. She is trying to tell you to follow her. Her eyes beckon for you to come, to join her as she returns to the heavenly realm.

The dove reaches out with one of her beautiful wings, and she touches you. You feel the inner you, your spirit within come alive and begin to pull and tug, as it slowly begins to slide out from your physical shell. Your spirit begins to slip free from your fleshly body, and it is such a wonderful, beautiful, feeling of freedom to feel the *real* you discard the heaviness that comes from the physical, fleshly world.

You easily slip from your shell, and as if by magic, you find that you can control the size of your spirit. You can control the size of your spiritual energy. You can make yourself smaller, and you become smaller and smaller, small enough to easily ride upon the dove. It is

a wonderful, happy feeling, and you see the white dove before you gracefully bend down low, so that you may climb aboard, and easily mount her like a pony.

You climb aboard, holding on to her neck as if about to ride on a beautiful pony and you comfortably sit upon her back. You delicately fluff the feathers of her neck and enjoy their luxuriant softness. There is a magnetic feeling that holds you safely, securely on her soft, wide back. The dove spreads its wings and within a moment she is aloft, flying.

The dove ascends, higher, higher—higher still. You enjoy the thrill of flying with her. You take a deep breath and delight in this beautiful sensation of weightless freedom as you soar into the skies.

The wind blows through your hair, and you enjoy the breath of fresh air available to you at this great height. You are flying high into the sky, and you feel safe and wonderfully happy.

Glancing down, you see the beautiful countryside, stretched out as if a green soft blanket of a thick, rich color has been lain over hill and dale. Trees far beneath you appear as tiny little bushes. A stream of sparkling water threads its way across the hillsides as if it were a shiny blue ribbon. You are flying through fluffy white clouds, and you look high into the blue, blue sky.

A ray of golden light shines forth from the heavens and touches you and your beautiful white dove. It causes you and the dove to glow softly. The radiant light coming down to you from the heavens is different from any other light you have ever seen, have ever experienced, for you can feel this light as well as see it. It feels strangely wonderful, and it causes you to become very happy deep within. You know that you have felt this sensation before. Sometime in your life it has touched your heart.

The light is filled with the warmth of unconditional Love, heavenly Love. A beautiful, touching Love, as pure as any love could ever be. The light seems almost magical, for you can feel it causing unusual things to happen within your spiritual being. You feel your ener-

gies, all of your senses, begin to raise in frequency, to elevate in their vibrations.

You enjoy the wondrous feeling this sensation gives you as your senses, your awareness, seem to begin to heighten.

All around you begins to sparkle. Prismatic droplets of water mixed with brilliant sunshine are being scattered through you. Every color of the rainbow is present. You can see vibrant colors of rose, yellow, green, blue, and violet. You can feel these colors as you see them, and they begin to form into wide, colorful, bands as if they've now become a beautiful rainbow.

Your dove begins to take you through each of these colors, and as you pass, you can feel the vibrations of your spiritual body begin to rise, begin to become stronger. You can feel your mind becoming greater. Your mental awareness has begun to increase, become more greatly balanced. You pass through each color and feel your self raising in awareness, raising in vibration. You feel Love, more deeply, more purely than you've ever felt it before. You and the dove, upon whose back you are riding, are bathed in each and every color, and the dove enjoys the colors with you.

You see and feel the color of rose, and it bathes over your body and that of the dove. You feel yourself rising in vibration, increasing your awareness.

You see and feel yellow—golden yellow, glowing all around you and your awareness as well as your vibrations, are heightened, are greatly increasing. A thought enters your mind that you will soon rise high into the heavens and meet the angelic beings, those of your Soul and all of the others.

You see and feel green—healthy, living green all around you. You and your dove are bathed in this living green. Harmony and balance is restored to your body, and you feel yourself being healed. Your vibrations increase. You are raising in awareness as healing green flows throughout your entire being. You know you will soon be with the angelic beings.

Now you see and feel blue all around you. You and

your dove are bathed in blue, and your contact with the angelic beings is coming closer, closer still. You are wonderfully excited and feel very happy. You are filled with joy.

Now you see violet—a rich, beautiful, luxuriant violet, so majestic, so beautiful. You and your dove are bathed in violet, and you feel yourself ascend, going higher and higher in your ascension into the stars.

The feeling of unconditional Love fills your entire being, and you are filled so completely with Love that you are almost overwhelmed with it. You vibrate completely with Love for *all* living things, and you feel this Love as you've never felt it within you before.

As you glance beneath you into space you can see a blue and green planet. You recognize it as Earth. You are so filled with unconditional Love of the highest sort that you wish to give some of this Love to others, to an entire planet that deeply needs to know of such a wondrous, beautiful, pure Love.

You mentally image this Love pouring out from your being and traveling to the planet called Earth. You image it pouring over the entire planet, filling the minds, the hearts, the essences, of all living things, restoring harmony and balance. As you give this Love, you receive it afresh, anew. You give, and you receive again.

You continue to give and to receive unconditional Love of the highest form until you have risen, flying so far into outer space that you can no longer see Earth. As you fly swiftly by, you can see stars glistening in the night sky, like diamonds on a velvet cloth. Planets, beautiful galaxies, hang as if suspended, as if they are colorful jewels, shiny quartz crystals you can almost reach out and touch. Comets, asteroids, go whizzing and streaking by. The long bright tails of the comets seem to light up the entire sky. It is, oh, so beautiful, so peaceful, so wonderful to see all this beauty, the handiwork of God, so very close.

You *memorize* this scene so that you might recall it

whenever the need for peace and contentment is needed in your life. Whenever you feel overwhelmed by many of life's problems, *remember*, you will remember this scene, so that they might become insignificant when compared against all of space. You are grateful within to have witnessed such awesome beauty.

Far ahead you see a glowing light, and as you approach it, you can see that it is another realm, a magnificent city, whose massive proportions now seem to cover the entire horizon. A beautiful, mounting feeling of joy begins to fill your entire being as you begin to recognize this place as your *home*. You feel this place is more than your home than that of Earth; and you almost laugh, cry, and shout with joy—while mourning all the years you have waited in not going "home." This is the heavenly realm where you will meet with the angelic beings. This is the place where you hope one day to go for all eternity.

As you go nearer, you can *see* before you a crystallike city, sparkling like diamonds as far as the eye can see. *See* the tall, spiraling buildings here, they are Templelike structures with large-arched openings into which all may easily enter. *See* the walls and the towers sparkle in the night sky.

As you can see, the ground is not flat, but is covered with soft, green hills and brightly carved mountains that jut up into a glowing lavender sky. Beautiful flowers abound, and you can *feel* them as well as *see* them. The colors are so very vibrant, so bright, and their touch is like plush velvet. Their sweet scent wafts through the air, and their aroma is as sweet to the nostrils as honey is to the palate.

You now notice your dove is no longer beneath you, and you softly alight in the garden and are now happily walking among the beautiful flowers. Over the garden setting you see your dove fly off and disappear into one of the crystal-like temples.

Many animals frolic here, and you enjoy interblending with their childlike vibrations.

This is the most beautiful of all places, and you are happy and content. You vow to return here again and again—nightly, if possible.

You look at the largest temple where the dove entered, and you see gathered there many bright, glowing beings that are standing all around its arched doorway. A bright, glowing halo appears around each one of them, and you know within that they are Angels.

Two of the angelic beings begin to stand out to you. They appear brighter, more beautiful than all the others, and you feel within that they are somehow very familiar, as though you have met with them sometime before. The two Angels leave those with whom they are standing and begin to come toward you. You become very elated, happy within. You see the graceful way they come toward you with a liquid-like movement.

You are filled with a beautiful, most wondrous feeling of joy that increases the closer they come. Your heart swells with great love for them. You've waited so long. *"Now is the Time"* you will become as one with your Soul, your Higher Self. *Now is the Time!*

The Angels are close enough to see more clearly their beautiful faces. One is a male you know to be your Guardian Angel. The other is a female, your Higher Self. Both are your complete positive-and-negative Soul, of which you are but a facet. You belong to them, and they to you; and you are together as one again.

They lovingly open their arms to you and greet you. You embrace, and your heart swells with joy, with the energy of their love. Warmth flows throughout your entire being as you talk with one another, and they tell you of many beautiful, wondrous things. They aid you with problems that you have in your life on Earth.

They tell you of your purpose, the reason for your being. They tell you of your mission, what it is you are to do. They tell you of the spiritual gift you are to receive from the Holy Ghost when you enter the large temple ahead—the temple where the white dove has flown. Perhaps you are to heal, or be given such faith no one can ever shake it. Perhaps your gift will be that

of wisdom or knowledge or the ability to interpret the language of the angels.

Whatever your gift, you know that it will reflect God, that it will bring the Divine Plan to others on Earth. You can't wait to receive your gift from the Holy Ghost. You walk with the Angels toward the large, beautiful temple with the large archways. You enter, and all is taught to you that you now need to know.

(Pause here for 6 to 10 minutes, permitting the music to continue to play.)

Whenever you desire it, you will return here again and again, to be guided, to receive awareness. In this way your path to God will always be brightly illuminated. All information you may desire is available to you here in this place, for knowledge, love, and wisdom of the highest sort will be given to you. Return here nightly for total awareness, for pure unconditional love of the highest sort.

The dove appears and is waiting for you to return to Earth. You become smaller and climb aboard rather reluctantly, but you know within that there is much you must now begin to do. There is your mission that you must begin to fulfill. You must bring the light of awareness of God to the entire world.

Before leaving you turn to wave goodbye and promise to come again and again, as well as promising to maintain continual contact and Reflect your Soul throughout your everyday life. You promise to accept daily guidance from your Guardian Angel and listen to his soft, gentle voice aid you in your life on Earth.

The dove spreads its beautiful, white, glowing wings, and *again* you are aloft. At once, you begin to leave the crystal city in the sky. You are bathed once again with all the beautiful, myriad colors of the magnificent rainbow, as your dove hurriedly takes you through them on your journey home.

You feel harmonious within, happy, peaceful, and filled with awareness, understanding now more than you've ever known. You will remember all you have seen and heard, and you will visit this beautiful place

again and again. If possible, you will visit it nightly, before sleep comes. You vow to permit your Soul to reflect through you, and you dedicate your energies to living in accordance with the Divine Plan of God. You will be a Christ Child, a child of the Christ Vibration; A Child of God.

You gently alight on the grassy bed, and your dove leaves you. You contentedly stretch out and feel joyously refreshed and aware.

You awaken with greater resolve, with firmer conviction, that you will be a *Lightbearer* and shine the brightest light possible so that all may see their paths to *God*.

* * *

The more that you practice such exercises as the above and the others provided in this book, the greater you will develop your capacity for love. The more knowledge you acquire, the more easily you will be able to make contact with your Higher Self, your Guardian Angel, and other angelic beings. It is important that you thus energize yourself so that you may vibrate with love and become attuned to higher awareness.

As your linkup becomes greater, you will find that you will increasingly be able to draw power and inspiration from the Realm of Highest Vibrations. As you accelerate your evolution as a spiritual being, you will progress out of your old, physical limitations into a Star Consciousness that is truly yours by right of your cosmic inheritance. This is your linkup with the New Age that is dawning—YOUR STARBIRTH!

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The climactic and in many ways most important book in Brad and Francie Steiger's THE STAR PEOPLE Series,

REFLECTIONS FROM AN ANGEL'S EYE

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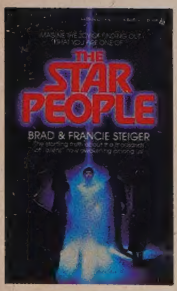

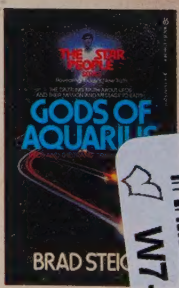

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